

CLO

BREWTIQUE

THIRST
5 DAY
BIBLE
STUDY

Grab your Bible and a
coffee.

THIRST | day 1

Pause.

Pause for a moment.

Turn the affections of your heart towards God.

It can be so hard to hear His voice in the clamour of life - so I picture sitting quietly with my cup of coffee as if God is sitting there with me as a friend might.

Take time to listen to what God has to say to you, tuning in to that quiet voice. Make time to connect with God in the everyday.

We all get thirsty, its basic need, we become aware of thirst, and if we have to wait for drink, it becomes an overpowering urge. Like the deer, we go search for a drink. We search high and low until we find it. Then its time to actually drink! The psalmist likens this to our need of God, 'where can I go to find Gods presence?

How do we go about this need in our own lives?
Are we God chasers?

Psalm 42.2

As the deer pants for streams of water,

so my soul pants for you, my God.

My soul thirsts for God, for the living God.

When can I go and meet with God?

THIRST | day 2

Gratitude

When things seem to be going wrong or you feel out of control.

Make a note of some of the things God has done for you in the past. This changes the attitude of your heart bringing joy and thankfulness and builds trust and faith.

Remember all the times He has rescued you in the past
All the times He has answered your prayers
All the times He has held you and not let you fall (even if that is not what it looked like at the time).

Sit for a while and rest in his arms. Lay your questions to one side just for now, remembering He is for you, not against, and how vast his love and care is for you. He walks with you and feels your journey.

Let this list create a thirst deep inside you for Him.

Psalm 143. 5-7

*I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.
I spread out my hands to you;
I thirst for you like a parched land.*

THIRST | day 3

See the face of Christ

St Aidan (Celtic saint, from Iona, invited by King Oswald to Northumbria to teach his people about Christianity) prayed that he would be able to see the face of Christ in every beggar.

How do we encounter people with love instead of judgement?
See them as the people God created them to be and call out that gold from within them?

How can we encourage others?

Today, who might you spend time with or meet where you can show the love of God through your empathy and attitude? By showing the love of God, maybe we can be part of quenching people's thirst too?

Matthew 25.35

4 "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. 35 For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36 I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

THIRST | day 4

Never thirst again

What an incredible drink that can quench our thirst so we never need to look elsewhere again. I love the treats in life – the things that are there to help experience fun and fullness. But they can be so meaningless if we depend on them instead of Him.

Sometimes we try to meet our inner spiritual thirst through external means that do not satisfy like food, alcohol, drugs, gambling, or other forms of unhealthy or addictive behaviours. These things will not truly satisfy the need that God has given each of us for a Saviour. Only Jesus can satisfy this need.

Are there props you use for support in life? Things that take priority and time during your week when you know really you should be turning to God?

My easiest way to spend time with God is at the park. Sometimes I need to make myself wander for a few minutes to just wait on Him. It's my go-to place. What's your go-to place? It could be a thought process that takes you there, or a physical place, or a comfy sofa. Keep this as a tool, the next time you know you want to turn to Him instead of that other 'comfort'.

John 4.13,14

Jesus answered, "Everyone who drinks this water will be thirsty again, 14 but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

THIRST | day 5

Deep in your belly

The spring of water welling up inside of us is the indwelling presence of the Holy Spirit.

As we sit and connect with other people today who is it that they need us to be for them - what touch of God do they need in their lives?

- a touch of kindness?
- inspired with God stories?
- are they in need of comfort?
- do they need us to be a gentle and patient listener (Gal 5:22-23)

With this living water inside, what can we influence today? Are there situations where a Godly attitude can have an impact? Stop a gossip or judgment? Can this living water flow out and bring healing or a word from the Lord to someone?

Maybe today you will feel nudged to pray with someone. Does this living water fill you enough to make you brave?

John 7.37

37 On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

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