

## Mary's blog



Having spent a week recently at Rothesay, on the Isle of Bute in Scotland, I became used to being surrounded by water. Being blessed with beautiful weather I saw the island at its best. Being on the Gulf Stream it is slightly tropical in climate. The Esplanade gardens were a riot of colour, a pleasant place to sit by the water and watch the ferries arrive and depart from and to the mainland.

I got to thinking about the vital part that water plays in our lives.

Living water from the stream that will never dry, for it flows from the heart of God to all believers.

Of course, this is referring to the gift and work of the Holy Spirit. God's gift to all who believe. I looked up the properties of water. I was amazed at how necessary and how regenerative it was to the human body. Which is made up of 64% water.

### ***Water***

- Increases energy and relieves fatigue
- Flushes out toxins
- Boosts the immune system
- Is a natural headache remedy
- Forms saliva and aids digestion
- Allows the bodies' cells to grow
- Lubricates the joints
- Is needed by the brain to manufacture hormones
- Helps to deliver oxygen all over the body
- Regulates body temperature

These are not all the properties of water but enough to convince us it promotes life, comfort and growth. By the well in Samaria Jesus promised the woman "Everyone who drinks this water will be thirsty again, 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". (*John 4:4-42*)