

WHAT FEEDS YOU?

Finding Activities that Feed and do not Drain

When I think of what feeds me most, giving me joy, peace, energy, satisfaction, I can see how important God's commandments are to my day-to-day life. God's commandment to love God, love others, and love ourselves are not merely given to us to please Him, He gave them to us because He cares about us and wants the best for us. It all comes down to love. I've learned that what I do has to flow out of this love.

Jesus said to the Samaritan woman at the well: *"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."* John 4:13-14

Jesus called this water "living water": Christ's love flowing into us and flowing out from us to others – never lying still – always flowing. In the receiving and giving it quenches our thirst; it feeds us. It's His Spirit living within us, helping us be the kind of people He wants us to be and helping us live the kind of lives that will be fulfilling.

Activities that feed me	Activities that drain me
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