

Well Watered Life Study Guide - June

(Content adapted from Well-Watered Woman & Well-Watered Life Journal by Gretchen Saffles)



A well-watered life doesn't happen overnight. It starts with planting a small seed. It takes time for the seed to grow, become deeply rooted, and produce fruit. Following Jesus is a lifetime journey, not something to mark off a checklist.

As we walk through the chapters of the book, each chapter will fall under one of these themes that run through the entire book:

Well Watered: I am well watered because Jesus, the living water, satisfies my soul's thirst forever.

Living "well watered" begins and ends with knowing Jesus. When you accept his not-so-formal invitation to follow in his footsteps, you will embrace your purpose and mission in life. Dig deep into the soil of the Word to discover who Jesus is and who he calls you to be. The well-watered life is fueled by faithfulness to Jesus, and this manifests itself in our actions and obedience.

Planted: I am planted in the Word by the Gardener of my soul.

Knowing who God made you to be and embracing your story for his glory are key to the well-watered life. Dig into your roots and discover what you were made to do. When you feel like your identity is crumbling or you forget the mysterious ways God has worked in your life in the past, remember that you've been planted by the Gardener and that your life has purpose.

Rooted: I am rooted in the unshakable gospel of Jesus Christ.

Your life has roots. Buried in your soul are the thoughts and beliefs that guide and direct your days. Expose the rotten roots and ground your mind in truth by memorizing Scripture, replacing lies with truth, and meditating on the Word of God.

Growing: I am growing in grace every day as I seek to know Jesus more.

In order to grow, you must learn to accept God's gift of grace through the pruning of your soul. God prunes us as we read and study his Word and as the Holy Spirit works in the soil of our souls. Growth also comes as we abide in Christ and think true thoughts.

Blooming: I will bloom in God's timing and for his glory.

In order to bloom, you have to know the season you are living in. Just as the seasons in nature change, so do the seasons of your life. Blooming comes when we humbly serve as Jesus did—right where we are—and as we cultivate hearts of gratitude.

Flourishing: I will flourish as I abide in Christ in all seasons.

A life that produces lasting fruit is one that is faithful to the gospel. As you have grown in your faith and knowledge of the Word, the natural outflow is to share the Good News with others.

Remember, good fruit takes time to grow. Keep praying, keep sharing, and keep remaining faithful to God's mission—and trust him with the ultimate harvest.

In order to thrive and survive, plants need every season—spring, summer, autumn, and winter. Each season has a purpose in the grander scheme, and without the other seasons, we wouldn't be able to delight in the growth that comes in springtime. The same is true for our spiritual lives. If we want to grow and flourish in our walk with Christ, we have to walk through seasons of heat, rain, loss, and dormancy. Spring calls us to wake up, but winter reminds us to slow down. Summer calls us to work hard, but autumn reminds us to enjoy the harvest. There is a reason for every season, and because of God's sovereignty and grace, our souls can be "like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither" (Psalm 1:3).

The flourishing life is the life God created us for, and it has been made possible through Christ. It begins with the life-changing decision to follow him. Following Jesus changes you from the inside out. May you seek him with all your heart, soul, mind, and strength as you live the well-watered life made possible through the Cross.

Introduction: Beginning at the End

Favorite Quotes from the Introduction:

In the introduction, Gretchen shared, "It's impossible to become a flourishing, deeply rooted woman simply by opening my Bible every so often." How would you describe your walk with the Lord right now?

Do you consistently read and study God's Word, or is this a rhythm you want to implement in your daily life?

What is a simple, practical step you can take to establish more consistent time in God's Word?

What are your expectations going into this book?

Part One: The Well - John 4:13-14

Chapter 1 - "I'm Not Okay, Is that Okay?"

Theme - Planted: I am planted in the Word by the Gardener of my soul.

- 1) The moment the gospel seed takes root in your heart and bursts forth into new life
- 2) A process of dying to your flesh in order to live the full life made possible through Christ

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 1:

- Hebrews 12:1-3, 13:5
- Ephesians 1:3, 3:13-19
- II Timothy 1:7
- James 1:5-8
- I Corinthians 3:6-7
- II Corinthians 4:8-12
- Psalm 42:1-3, 63:1-3, 136
- Genesis 1:2-5, 3:17-18
- Galatians 3:13
- Romans 8:19-25, 5:8
- Matthew 27:29
- Ecclesiastes 3:11
- Isaiah 53:10
- Philippians 4:19
- Revelation 21:1-5, 22:5

At the beginning of chapter 1, Gretchen writes about “unseen change” and “growth beneath the surface.”

→ *When has God been at work in your life in a way that was only visible later?*

→ *Has there been a time in your life where you were not okay? What did you believe about God in that season?*

→ *How did God bring deliverance? How does knowing that you are more than okay in Christ anchor your soul in seasons of hardship?*

Remember, “When your roots run deep in God’s goodness and steadfast love, nothing can shake you or break you forever. His goodness and unfailing love hold us together when life is falling apart.”

“The Well-Watered Woman surrenders a life of striving for a life of sinking her roots into God’s Word.”

Chapter 2 - “Identity Roots”

Theme - Rooted: I am rooted in the unshakable gospel of Jesus Christ.

- 1) Growing downward into the firm foundation of the gospel, receiving truth, hope, & life from the Word
- 2) Being fixated on the hope of Jesus

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 2:

- Isaiah 53:5
 - Matthew 12:34-35, 22:37-38
 - II Corinthians 12:9
 - Luke 22:42-44
 - Hebrews 11:13,16
 - Galatians 5:22-23
 - II Corinthians 12:9
 - II Timothy 2:13
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- You are Deeply Loved & Made on Purpose - 2 Corinthians 5:17; Ephesians 2:10; 1 John 3:1
 - You are Loved, Cherished and Seen - I Samuel 16:7, Psalm 33:13, I Peter 2:9-10
 - You are Free - John 8:32, Galatians 5:1

Chapter 2 says that core beliefs are “like tree roots that dig down deep over time.”

→ *What are some of your core beliefs?*

→ *How might these beliefs affect the way you think and act?*

→ *What false beliefs do you need to replace with the truth from God's Word?*

“The Well Watered Woman knows who Jesus is, and who He is changes everything about her past, present and future.”

Chapter 3 - “Bring Your Nothing”

Theme - Well watered: I am well watered because Jesus, the living water, satisfies my soul's thirst forever.

- 1) The condition of the follower of Jesus who has received the living water Jesus gives
- 2) The state of being filled with God's grace and overflowing with joy, peace, and hope

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 3:

- Genesis 1:26-27, 2:25, 3:6-7, 15
- Matthew 1:23, Romans 5:6
- John 1:17
- Isaiah 53:5

Read John 4:4-29. What was the woman's response to Jesus' invitation?

In chapter 3, Gretchen shares her own story of coming to the end of her own self-sufficiency, and she compares this to the story of the woman at the well by saying, "Jesus met her in her ordinary, mundane life and changed the course of her future."

Gretchen says, "No well is too deep for him. No past is too broken for him. No present is too out of reach for him. No future is too unpredictable for him. No wall is too high for him."

→ *Is there anything holding you back from accepting Jesus' invitation to the well-watered life?*

Begin your journey by surrendering your broken past, your present problems, and your future worries to Jesus, the Well of living water.

"The Well-Watered Woman meets Jesus at the Grace Well and exchanges her nothing for His everything."

Chapter 4 - "Dying to Live"

Theme - Planted: I am planted in the Word by the Gardener of my soul.

- 1) The moment the gospel seed takes root in your heart and bursts forth into new life
- 2) A process of dying to your flesh in order to live the full life made possible through Christ

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 4:

- Ephesians 2:1-3
- Romans 3:23, II Thessalonians 1:9
- Galatians 2:20
- II Corinthians 4:16
- I Peter 3:3-4
- John 13:34
- Psalm 121:3-4
- Zechariah 4:10
- Philippians 2:14
- Genesis 3:1 - The Seed of Doubt grew into an act of disobedience
- Matthew 1:18 - The Seed was planted that promised a Savior
- Luke 2:52 - The Seed Grew in Wisdom & Stature
- Romans 5:6 - The Seed Became an Instrument of Redemption
- II Corinthians 15:55-57, Galatians 3:13 - The Seed conquered sin & death

Chapter 4 describes what it means to die to yourself: "Dying to yourself doesn't mean missing out on true life; it means embracing life as it was always meant to be."

→ *Has the gospel taken root in your life? Has there been a time in your life when you said yes to following Jesus?*

→ *If the gospel has taken root in your life, have you been watering that seed?*

→ *Does it feel like weeds and worries are the only thing growing in the soil of your life right now?*

→ *Or are you in a season of flourishing and growing but need the reminder that true life comes only through dying?*

→ *When have you experienced dying to yourself—in either a small moment or a significant one?*

Read John 11:25-26; II Corinthians 5:14-15, I Peter 1:3. For the Christian, death always ends in resurrection. The resurrection of dead souls brought back to life. The resurrection of desires that bring glory to God. The resurrection of worship in wandering hearts. The resurrection of vision that leads to purposeful living.

→ *How has dying to yourself brought you true joy?*

The life of the Well-Watered Woman is one of dying to live. Dying to self, sin, and shame; living in Christ. Dying to fear, worry, and selfish ambition; living in peace, joy, and purpose. Dying to this world; living for eternity.

“The Well-Watered Woman is planted in the soil of the gospel, and, like a seed buried in the earth, she embraces death as the means to abundant life.”

Chapter 5 - “Forsaking Broken Wells”

Theme - Planted: I am planted in the Word by the Gardener of my soul.

- 1) The moment the gospel seed takes root in your heart and bursts forth into new life
- 2) A process of dying to your flesh in order to live the full life made possible through Christ

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 5:

- Jeremiah 2:11-13, 17: 5-8
- Numbers 25
- Psalm 1:3
- Luke 9:23
- II Corinthians 5:21
- Exodus 2:11-22
- Hebrews 11:26
- Joshua 2
- Matthew 1:5
- II Samuel 11
- Acts 13:22

→ *What are some “empty wells” (like those described in chapter 5 like Comfort, Success, Appearance) that distract you from your walk with Jesus?*

→ *How can you replace the time spent drinking from these empty wells with the Well that never runs dry?*

→ *Jesus plus nothing equals everything, but there are times we start to believe that Jesus plus _____ will bring us contentment, joy, and happiness. What are the “plus somethings” you are tempted to add?*

→ *Are you trusting in “Jesus plus something” for satisfaction, or are you trusting in Jesus alone?*

“The Well-Watered Woman recognizes that true joy doesn’t come from coffee, vacation, naps, success or comfort.
Her joy comes only from the Lord.”

Chapter 6 - “Anywhere But Here”

Theme - Well-Watered: I am well watered because Jesus, the living water, satisfies my soul’s thirst forever.

- 1) The condition of the follower of Jesus who has received the living water Jesus gives
- 2) The state of being filled with God’s grace and overflowing with joy, peace, and hope

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 6:

- Genesis 12 - Abram's Promised Home
- Genesis 16 - Forcing it on their own
- Exodus 2:24-25, 13:18
- Exodus 14:10-11, 22-23
- Exodus 15:17-18, 22, 24

The Israelites' liberation is discussed in chapter 6 as an example of how quickly God's people can forget his plan and doubt his faithfulness.

→ *Looking back on your own life, when have you doubted God's faithfulness?*

→ *How has hindsight brought a deeper understanding of his greater plan?*

→ *How does this impact how you look toward the future?*

Read Jeremiah 29:11, then read the verses 10-13 that surround it.

The unfortunate reality is that we don't always dig into the context of this promise. We can't see the truth in its fullness without seeing it in its proper context. Here's the scene: the Israelites were exiled from Jerusalem by the evil king Nebuchadnezzar. They'd been torn from their homes and taken to a foreign land. God spoke to the survivors through the prophet Jeremiah, who sent this handwritten letter to the people: "Thus says the LORD of hosts, the God of Israel, to all the exiles whom I have sent into exile from Jerusalem to Babylon: Build houses and live in them; plant gardens and eat their produce" (Jeremiah 29:4-5). God's response to their predicament? Plant a garden right where you are. God was telling them to make a home in a place they never wanted to be.

Chapter 6 says, “‘Someday’ isn’t ours to grasp; it’s God’s alone. ‘Here’ is all we have. So we embrace now, in the waiting, the wondering, and the searching. How quickly we lose sight of God’s greater plan when a “Red Sea” of difficulty looms before us and the wilderness lies behind us!”

→ *How can you live faithfully, right where your feet are planted?*

“The Well-Watered Woman trusts the mysterious ways of God, knowing he has a purpose for where she’s planted.”

ACTIVITIES TO HELP YOU DIG DEEPER:

1. Memorize Isaiah 58:11.

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. –Isaiah 58:11

2. Create a Well-Watered Mission Statement to guide your daily life

This mission statement is meant to be a declaration, a written reminder that your life has a bigger purpose: to know Christ and make him known. This is to help you with a defined direction, to be a guiding map & written reminder of purpose. Before you write out your own statement, look up the following verses and write what each one teaches about living a life on mission for the glory of God.

Psalm 27:4, 37:1-7, 90:12

Micah 6:8

Matthew 28:18-20

John 13:35, 15:8

Acts 1:8

Romans 1:6, 15:20-21

Ephesians 2:10

Philippians 1:21, 3:12-17

Write your mission statement. What do you want to describe your life and define your days?

3. **Create a timeline of your life thus far.** Mark any major events with a star, and indicate the dates of these events. Circle the moment of your salvation, and leave plenty of space for what's to come as a reminder that God isn't finished with you yet. He's still at work, redeeming your days and transforming you to be more like Jesus. You're a work in progress, and with God, nothing is wasted. Your story of redemption is part of the bigger story of redemption in Scripture, and it's all for his glory!



This is your story for his glory. He is redeeming you, and he has already redeemed you. Since he stood in your place, stand in his grace as you look back and as you gaze forward.

4. **Study the Character of God** - From Genesis to Revelation, God is the same on every page. Look up the following passages, and write down what they reveal about the character of God:

Genesis 1:1

Deuteronomy 7:9

Deuteronomy 32:4

Psalms 33:6

Psalms 34:8

Psalms 46:1

Psalms 145:8

Psalms 147:5

Isaiah 46:9-10

Jeremiah 23:23-24

Jeremiah 32:17

Malachi 3:6

Romans 11:33

Colossians 1:17

Hebrews 13:8

I John 4:7-8

Revelation 4:8

As you study the Word, make it your aim to know him more and more. What you truly believe about God will be revealed when the seasons of drought and the storms come. In those moments, it will become evident where you have anchored your life. Knowing who God is changes everything about who you are. Knowing who you are in Christ changes everything about how you live.

→ *What did you learn about the Character of God?*

5. Write Colossians 2:6-7

Write a prayer of praise and surrender, asking God to weed out any lies you believe and replace them with his truth.

6. Take Inventory: Are you a Dried Up Woman or A Well-Watered Woman?

Read the scriptures below, see which side you line up with in reality.

Below the chart, write a prayer as you embark on your journey, praising Jesus for taking your place and offering you grace, and then asking for the Holy Spirit to cultivate a well-watered life in you.

THE DRIED-UP WOMAN		THE WELL-WATERED WOMAN	
	Psalm 1:4-5		Psalm 1:1-3
	Proverbs 7:11		Psalm 115:1
	Proverbs 14:1		Proverbs 14:1
	Proverbs 15:18		Proverbs 22:1
	Proverbs 21:9		Proverbs 31:10-31

	Proverbs 25:24		Matthew 6:33-34
	Isaiah 30:15		Matthew 7:24-25
	Matthew 6:5		1 Corinthians 10:31
	Matthew 7:26-27		Galatians 5:1
	Romans 8:6		Ephesians 5:1-2
	Galatians 5:19-21		Philippians 3:12-20
	Ephesians 2:1-3		Titus 2:3-5
	Ephesians 5:3-5		1 Peter 3:3-4