

Well Watered Life Study Guide - August

(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.

Part Three: The Way - Psalm 92:12-15

Follow the Way

*Which way do I go?
Which steps do I take?
What if I take the wrong road
Or make a tragic mistake?*

*Or follow the wrong voice
And walk the wrong path?
Or choose the wrong choice . . .
And left with the aftermath?*

*These questions keep swirling,
making me dizzy with fear.
You gently call me, saying,
"Come and draw near."*

*Follow the Way
that Jesus went—
The Way of the cross,
The Way of a life well spent.*

*The Way of Jesus
is a narrow road.*

*But when you travel on it,
it will take you home.*

Chapter 12 - "Weeding Out Sin"

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 12:

- Ephesians 2:1-3, 8-10
- Isaiah 55:8-9
- II Corinthians 3:18
- Romans 6:8-11
- II Timothy 2:13
- Hebrews 13:8

→ *In what ways have you found yourself trying to become like other people, both in the past and in the present?*

→ *What would your life look like if you instead sought to be more like Jesus?*

Gretchen reminds us that we are all under construction in this life.

→ *What failures do you find consuming your thoughts?*

→ *How can you instead obsess over the faithfulness of God?*

“The Well-Watered Woman embraces sanctification, knowing it’s the only path to flourishing.”

Chapter 13 – “Lead Like a Follower”

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

- 1) Thriving through the power and grace of Jesus
- 2) Living abundant life on earth, centered around the gospel

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 13:

- Luke 6:45, 9:57-62
- II Corinthians 4:7-12
- I Corinthians 11:1, 15:3-10
- Acts 1:8
- Acts 9:2, 4
- John 14:6
- Philippians 1:21

In chapter 13, we read about how busyness, productivity, and achievement can become our driving forces, crowding out what's most important.

→ *In what ways do you face this temptation, and what steps can you take to avoid it?*

→ *Are you leading like a follower of Jesus? Discuss what this would look like in your everyday life.*

“The Well-Watered Woman follows Jesus wholeheartedly, knowing that in order to lead well, she must first be a disciple of Jesus.”

Chapter 14 - “Gospel Intersections”

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

- 1) Yielding a harvest for the glory of God
- 2) Embracing your season for the glory of God

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 14:

- II Corinthians 4:1-2, 5
- Luke 16:10
- Hebrews 4:15

- John 1:1, 13:3-5, 12-15
- Genesis 1:1, 27
- Mark 1:35-37
- Matthew 18:3-4, 19:13-15
- Luke 7:36-50

Karen's "ministry of eye contact" is described in chapter 14.

→ What are some everyday ways you can participate in the ministry of eye contact and serve right those in front of you?

"The Well-Watered Woman looks for gospel intersections in her everyday life, knowing that even the mundane matters in the kingdom of God."

Chapter 15 - "Your Mission is Now"

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

- 1) Yielding a harvest for the glory of God
- 2) Embracing your season for the glory of God

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 15:

- Luke 12:27-28
- Matthew 28:18-20
- Proverbs 27:1

The author begins chapter 15 by describing the wildflowers she saw on her hiking trip.

→ *How does the uniqueness and purpose of each wildflower remind you of your greater purpose to love God and love others right where you are—even if your contributions go unseen?*

Chapter 15 addresses the lure of someday that we all face. Gretchen points out that “there’s always something else on the horizon, luring us with a dangling promise of satisfaction.”

→ *What someday are you tempted to be distracted by? In what ways can you live faithfully for Christ today?*

“The Well-Watered Woman doesn’t put off living as she waits for ‘someday.’ She knows her mission is now, and she lives with gospel purpose guiding her every step.”

Chapter 16 - “Inside Out, Upside Down & Well Watered”

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

- 1) Thriving through the power and grace of Jesus
- 2) Living abundant life on earth, centered around the gospel

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 16:

- Ephesians 1:3
- Isaiah 58:6-7, 11
- Isaiah 55:8-9, 64:6
- I Corinthians 1:25, 4:10, 12-13
- Romans 3:10-12
- Matthew 5 (focus on verses 3-6, 10-12, 43-45)
- Matthew 6 (focus on verses 1, 14, 19-21)
- James 1:12
- I Peter 5:4
- Revelation 4:10-11
- Galatians 3:13
- Revelation 12, 22:1-5
- John 4:14

The final chapter concludes with several examples of what the lives of godly women may look like. Gretchen writes, “There are as many ways to live a well-watered life as there are people. God is infinitely creative, and he can cause us to flourish in any environment, under any circumstances.”

→ What women do you know who embody the well-watered life?

→ How does knowing the hopeful ending to the ultimate story of Scripture give you confidence as you pursue the well-watered life in Christ on earth?

“The Well-Watered Woman embraces the eternal backwards way of the kingdom of God, willing to stick out in this world for Jesus’ sake.”

Well-Watered Woman Statements

*The Well-Watered Woman surrenders a life of striving
for a life of sinking her roots into God's Word.*

*The Well-Watered Woman knows who Jesus is, and who he is
changes everything about her past, present, and future.*

*The Well-Watered Woman meets Jesus at the grace well
and exchanges her nothing for his everything.*

*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.*

*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.*

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

*The Well-Watered Woman resolves to get nourishment from
the one source that truly satisfies: the Word of God.*

*The Well-Watered Woman allows the Holy Spirit to burn away
the chaff of her life to clear the way for a mighty work of God.*

*The Well-Watered Woman abides in Christ and recognizes
that apart from him, she can do nothing.*

*The Well-Watered Woman stores the Word in her heart,
knowing that God has provided everything she needs to grow,
bloom, and flourish even in the midst of the desert seasons.*

*The Well-Watered Woman takes her wayward thoughts
captive, conforming them to the ways of Jesus.*

*The Well-Watered Woman embraces sanctification,
knowing it's the only path to flourishing.*

*The Well-Watered Woman follows Jesus wholeheartedly, knowing
that in order to lead well, she must first be a disciple of Jesus.*

*The Well-Watered Woman looks for gospel intersections
in her everyday life, knowing that even the mundane
matters in the Kingdom of God.*

*The Well-Watered Woman doesn't put off living as she
waits for "someday." She knows her mission is now, and
she lives with gospel purpose guiding her every step.*

*The Well-Watered Woman embraces the eternal,
backwards way of the Kingdom of God, willing
to stick out in this world for Jesus' sake.*



Jesus said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

JOHN 4:13-14

