

Well Watered Life Study Guide - July

(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 Two: The Word - John 1:1-3, Isaiah 55:1-2; Hebrews 4:12

Every Hour

*In the morning when I rise,
In the day when I feel tired.
In the evening when I rest,
and in moments when I'm inspired.*

*In the times when I am weak,
and in the times when I feel strong.
In the stillness and the busy,
in the days that feel too long.*

*When creativity comes,
and when hard work needs to be done.
When I stop to take a break,
and when I simply come.*

*When I sing a brand-new song,
and when I bow my knees to pray,
there is only one thing in me,
that I have left to say.*

*Give me Jesus every hour.
Give me Jesus, Lord, I'll find,
that when I let go of myself
in Christ I find my life.*

Chapter 7 - "Word Before World"

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

- 1) Increasing in knowledge, understanding, and spiritual maturity as you seek to know Jesus
- 2) Cultivating your soul to produce the fruit of the Spirit

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 7:

- Philippians 4:13
- Zechariah 4:6
- Matthew 19:26
- John 3:30
- John 1:14
- II Timothy 3:16-17

After recounting her trip to the Holy Land in chapter 7, Gretchen writes, “The Word of God never changes, but it always changes us.”

→ *What is something you’ve recently learned from Scripture that has changed how you act?*

Gretchen says “The main objective of a quiet time should always be to know Christ and put him first. If the phrase “quiet time” keeps you from pursuing Jesus in the mess of everyday life, consider switching your mindset to “Word before world.”

→ *What does your current “quiet time” routine look like? Is it fruitful? Do you need to shake it up? Is it non-existent?*

→ *What changes could you make to make this time more fruitful in this current season?*

→ *Make a plan for how and where you will read God’s Word. Doesn’t have to be perfect, but make an intentional plan.*

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

Chapter 8 - “Springing Up From The Ashes”

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 8:

- Luke 10:41-42
- John 10:10-12
- John 11:4-5, 25-27,35,40
- Deuteronomy 31:6
- Matthew 28:20
- I Corinthians 10:31
- Revelation 2:4 (NIV)
- Psalm 119:90
- Psalm 1:2-3

Gretchen begins chapter 8 with an anecdote about a fire, concluding that “ashes don’t have to be the end of our stories; they can actually be the sign of a new beginning.”

→ *When have you undergone a trial that ended up being a catalyst for growth in your walk with God?*

→ *In this chapter, do you relate more with Martha or Mary? Why?*

Gretchen talks about Brother Lawrence and his idea of “practicing the presence of God” in all things. She describes it as “being aware of his presence everywhere we go. He is always with us, always welcoming us to delight in him.”

→ *What could this look like for you in your daily life? Give specific examples.*

She says that “Meditation changes us, but the truths we meditate on never change.”

→ *How could meditating on God’s Word bring life to your day?*

→ *What are some steps you can take this month to begin to meditate on His Word?*

“The Well-Watered Woman allows the Holy Spirit’s fire to clear the way for a mighty work of God.”

(**See the Activities at the End of the Study Guide for ideas on how to meditate on Scripture & memorize Scripture.)

Chapter 9 - “The Art of Abiding”

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

- 1) Increasing in knowledge, understanding, and spiritual maturity as you seek to know Jesus
- 2) Cultivating your soul to produce the fruit of the Spirit

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 9:

- John 15 (Focus on verses 2, 4, 9, 11)
- Genesis 12 - Promise to Abraham
- Genesis 15 - Covenant with Abraham
- Isaiah 5:1-7
- Hebrews 12:2
- John 16:33

Toward the end of chapter 9, there is a call to pruning: “As branches attached to the True Vine, we need to be ruthless about identifying the false vines we’ve attached ourselves to and detaching ourselves through confession and repentance.”

→ *What false vines have you attached yourself to?*

→ *In repenting of these false vines, how can you turn to Jesus, the true Vine, and delight in him?*

Gretchen describes ABIDE in the following way:

Accept pruning.

Believe his Word.

Identify false vines.

Delight in Jesus.

Endure with joy.

→ *Think through each of these, which one is the hardest for you? Why?*

→ *Which one is the easiest for you? Why?*

→ *How could viewing abiding with Jesus in this way impact your everyday life?*

→ *Choose one of these to work on each week this month*

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

Chapter 10 - “In Every Season”

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

- 1) Increasing in knowledge, understanding, and spiritual maturity as you seek to know Jesus
- 2) Cultivating your soul to produce the fruit of the Spirit

Favorite Quotes from this chapter:

Scriptures to Explore from Chapter 10:

The Word of God is our Water & our Protection and it gives us Roots.

- Lamentations 3:21-24
- Hebrews 13:8
- Isaiah 40:8
- Psalm 63:1-8
- Psalm 119:9-11
- Matthew 4:1-11
- Paul's poignant description of the armor of God can be summed up in three commands: (1) stand, (2) suit up, and (3) surrender. - Ephesians 6:10-11, 13-18
- Hebrews 4:15, NLT

A faith for ALL seasons:

- Transition: I Peter 1:25
- Loss: Philippians 3:7-21
- Anxiety & Depression: Psalm 88:3-4, Romans 10:17
- Wandering: Deuteronomy 8:3
- Busyness, Loneliness : Ecclesiastes 3:1, 10-11

→ *What season of life do you currently find yourself in?*

→ *What might it look like to faithfully pursue Christ in this season?*

“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.”

Chapter 11 - "A Lifelong Battle"

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 11:

Replace Lies with Truth

- Genesis 3:1, 15
- II Corinthians 10:3-5
- Ephesians 6:12
- Romans 8:37-39
- I Corinthians 15:57
- Revelation 21:4
- II Corinthians 12:9-10
- Deuteronomy 31:6, 33:27
- John 8:32, 36, Galatians 5:1
- Psalm 50:10, Proverbs 3:5-6
- Romans 12:2
- Romans 3:24
- II Corinthians 5:17
- II Peter 1:3
- Philippians 4:4-9, 13, 19
- Luke 6:45
- Psalm 42:5
- Revelation 19:11, 13
- Revelation 5:13, 11:15, 20:10

Gretchen says, “Through Christ, we don’t have to live as victims of Satan, our circumstances, or our wayward thoughts. We are victors through the Victor.”

→ *How does viewing ourselves as a victor rather than a victim?*

Gretchen emphasizes the difference between “little t truth” and “capital T Truth,” giving several examples in chapter 11.

→ *What is one example of a little t truth versus a capital T Truth that you need to remember?*

→ *Have you ever considered using God’s Word as a weapon? What could that look like in your daily life?*

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

ACTIVITIES TO HELP YOU DIG DEEPER:

1. Memorize Romans 12:2.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

2. Using some of the scriptures below, spend some time meditating on one verse a day this week. Write it out, turn it into a prayer, work on memorizing it.

- 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

Here's some ideas to work on memorizing Scripture

- Listen to Scripture as you get ready for the day or make your daily commute to school or work.
- Write the passage you're memorizing in a journal over and over again.
- Find an accountability partner to memorize with. As you practice the passage out loud, you will not only memorize faster but also encourage each other in the Lord.
- Say the passage you're learning out loud.
- Put Scripture in places you'll see it often (for example, your mirror, desk, planner, bedside table, kitchen sink, etc.).
- Write the passage on notecards or in a journal you can flip through when you're waiting for an appointment.
- Use different colors to write the verse. Studies show that when you write notes in red or a contrasting color, it can make what you're learning more memorable.
- Practice, practice, practice! Memorizing the Word is a daily pursuit of knowing God. Continue to review what you learn, and trust the Holy Spirit to bring the truth to mind in the moment you need it.

Here's some tips on meditating on Scripture:

To start, set aside a time when you can be alone, without interruptions, to meditate on the Word. Still your body and your mind before the Lord. Choose one passage or characteristic of God to meditate on for a set amount of time. When thoughts, worries, and your to-do list flood your mind (which they certainly will!), offer those things to the Lord as an act of prayer and surrender, and bring your mind back to the verse or truth you're meditating on. Don't get discouraged by how often thoughts barge in; use them as an opportunity to refocus on the truth or verse you're meditating on.

Break it down, word by word, sifting your thoughts through Scripture. The more you practice Scripture meditation when you're alone and without distractions, the more it will become a natural part of your life and your thinking as you go throughout the day.

If you've never set aside time to meditate on the truth of the Word, start with five to ten minutes. Put your phone on silent (or in another room), and then commit that time to thinking about God's Word. It will feel uncomfortable at first, and you'll quickly discover how many thoughts course through your mind at any given moment. But the more you discipline your mind to focus on truth, the more you'll be able to take your thoughts captive as you go through your day (see 2 Corinthians 10:5) and live a life of thoughtful worship to your King.