

# Freely & Lightly



SHOW NOTES / REFERENCES

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“Jesus didn’t journal.” - John Ortberg, [The Me I Want to Be](#)

**Four Waters Illustration by Teresa of Avila:** Four ways in which the garden of our soul is “watered” by the Holy Spirit. [Descriptions and quotes from [Mansions of the Heart](#) by R. Thomas Ashbrook]

**First Water phase:** Drawing water from a well with a bucket and carrying it a long distance to water each garden row.

“...considerable effort is required on our part to persevere in faithfulness and obedience, even though it is always God’s grace that makes our effort effective.”

**Second Water phase:** Cranking a water wheel and having the water run through an aqueduct.

“We may not be carrying buckets of water, but we are still working hard at cranking the waterwheel of grace.”

**Third Water phase:** Water overflows from river or stream; requires far less effort.

“...we no only have to direct the flow of water from the stream to the garden through a duct...Now, we are able to simply cooperate with the thought and movement of God.”

**Fourth Water phase:** The Lord waters the garden with an gentle, abundant rainfall.

“[This] phase has no real work to it at all. Like a gentle rain or spring, the Holy Spirit totally waters the garden of our relationship with God.”

Luke 19:1-10 (NIV)

Galatians 6:9 (NIV)

**For Reflection:**

Are you practicing your faith? Are you practicing the presence of God? If so, how does it make you feel?

Are you slogging through with lots of effort and few results? Has it become easier for you, but it still feels like work?

Have you reached a place where the burden is easier and the results are more obvious?

Or are you standing under the rain and it's all grace, grace, grace?

How is your garden watered? How is the garden of your soul right now? Is it dry? Is it brown? Is it burned over or is it green and verdant and alive with the presence of God?