




Reflective  
Waters

A serene landscape featuring a calm lake in the foreground that perfectly reflects the sky, clouds, and surrounding greenery. A dense line of tall evergreen trees stands in the middle ground, with majestic, snow-capped mountains rising in the background under a bright blue sky with scattered white clouds.

*19 As water reflects the face, so the heart reflects the person.*

Proverbs 27:19 (CSB)



37 On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

John 7:37-38 (NIV)




# The Heart

Hebrew: *lêb*

Definition:

1. Inner Man
2. Soul, Heart of Man
3. Conscience
4. Seat of Emotions



8 Blessed are the pure in heart, for they will see God.

Matthew 5:8 (NIV)



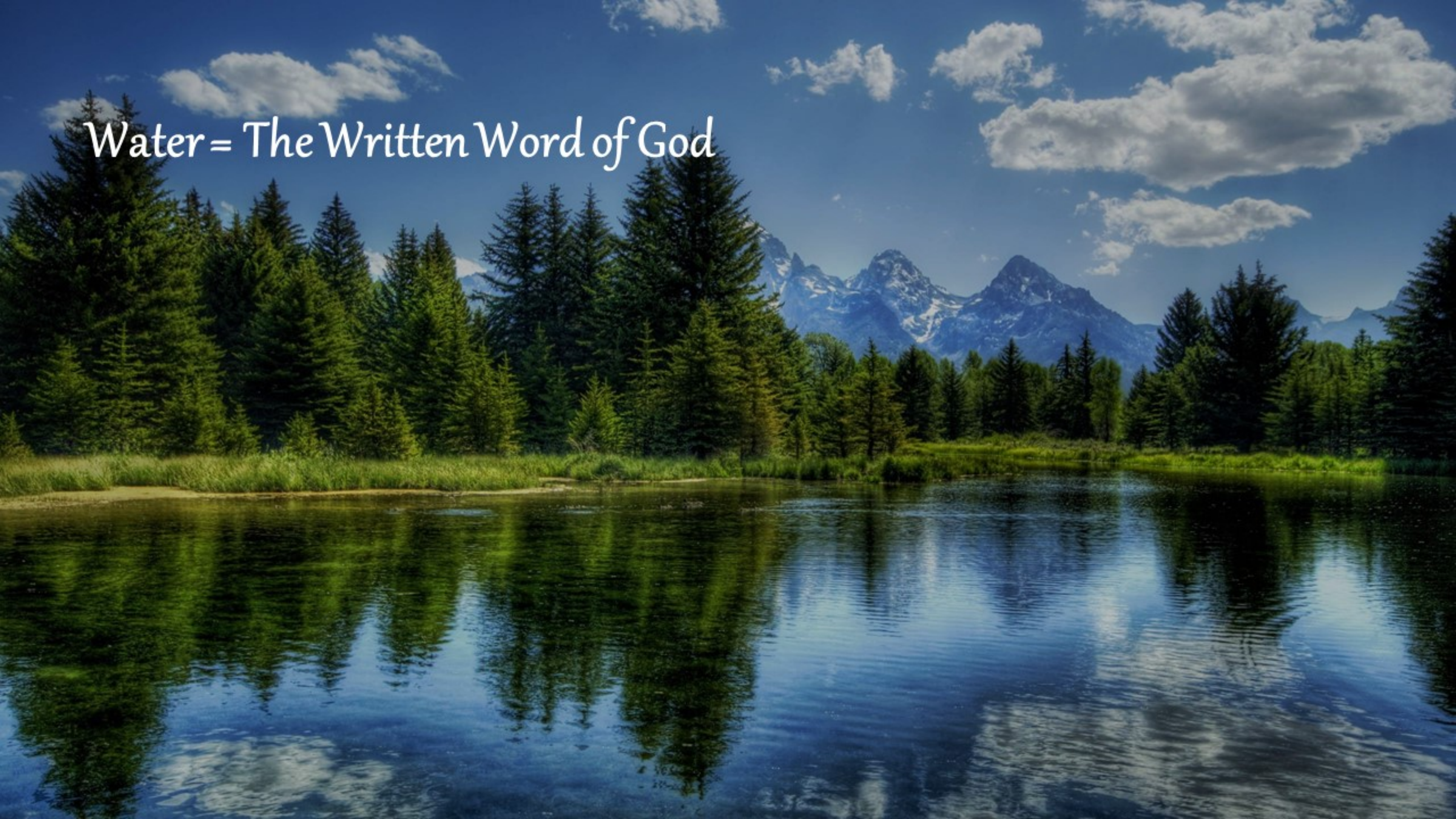
# The Person

Hebrew: *âdâm*

Definition:

1. Man, Mankind
2. Adam, First Man

*Water = The Written Word of God*





How do we know when our reflection is distorted?

Things to look for:

1. Careless (Ungodly) Speech
2. Critical attitudes towards others or even ourselves
3. Thoughtless behavior
4. Living an unrighteous lifestyle





*Corrupt hearts breed corruption, whereas, sanctified hearts exhibit or reflect a likeness to Christ Jesus.*



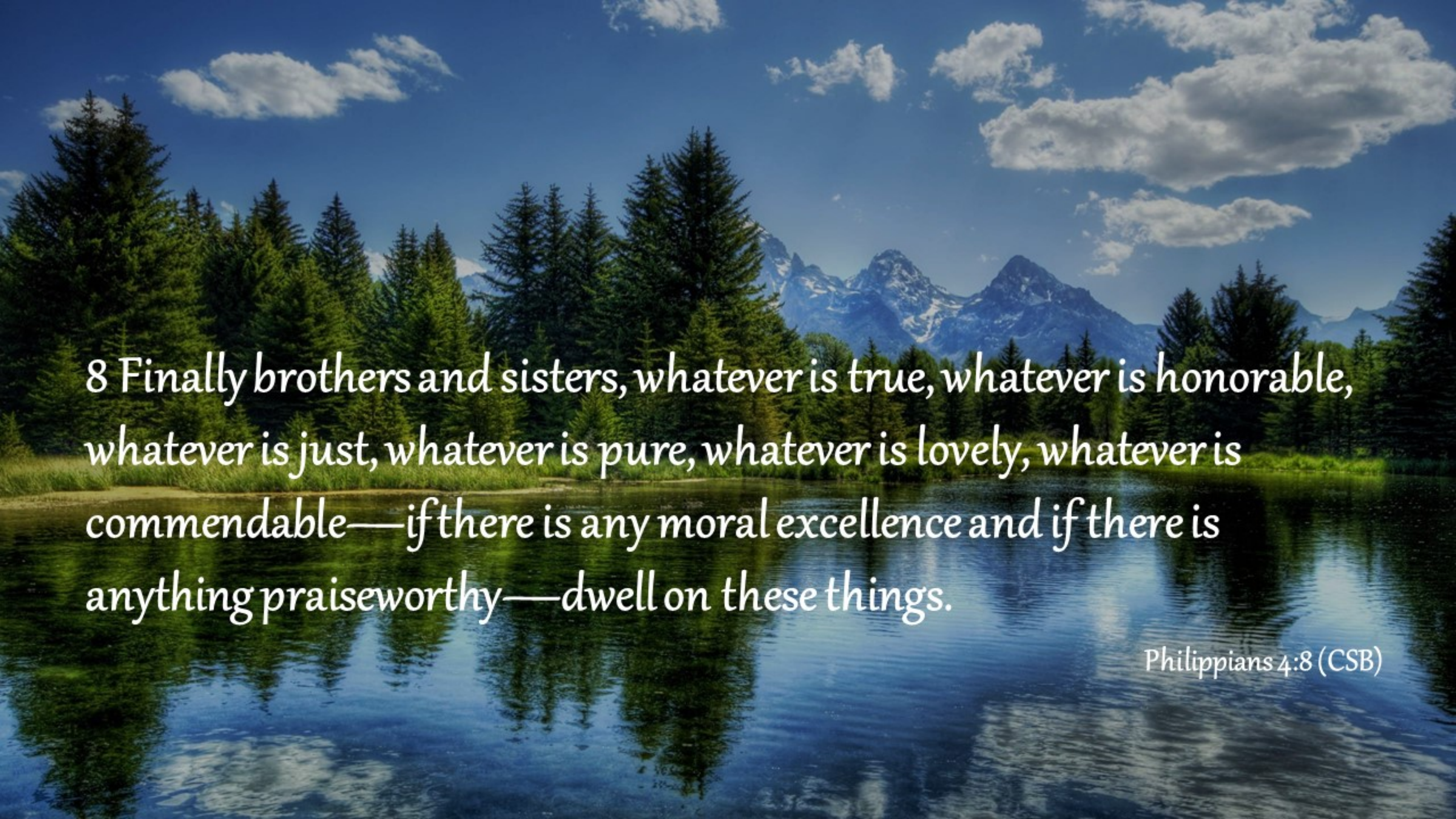
*10 God, create a clean heart for me and renew a steadfast spirit within  
me.*

*Psalm 51:10 (CSB)*



What do we do to get back on course?

1. Refocus our Daily Habits
  - Spend time in the Word
  - Forgive others and ourselves
2. Seek Spiritual Help
  - From a spiritual mentor
  - From spiritual community



8 Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.

Philippians 4:8 (CSB)



Where do we go to quench our thirst?

1. Spend time in the Word
2. Use the Word as your unit of measure

A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen trees in the middle ground, and majestic mountains in the background under a bright blue sky with scattered white clouds. The water in the lake reflects the surrounding greenery and the sky.

God's Word is our truth-filled mirror that we should examine our reflection against.

Use His Word to critically analyze and spiritually evaluate areas in our lives that are unholy or detrimental to our own spiritual growth.