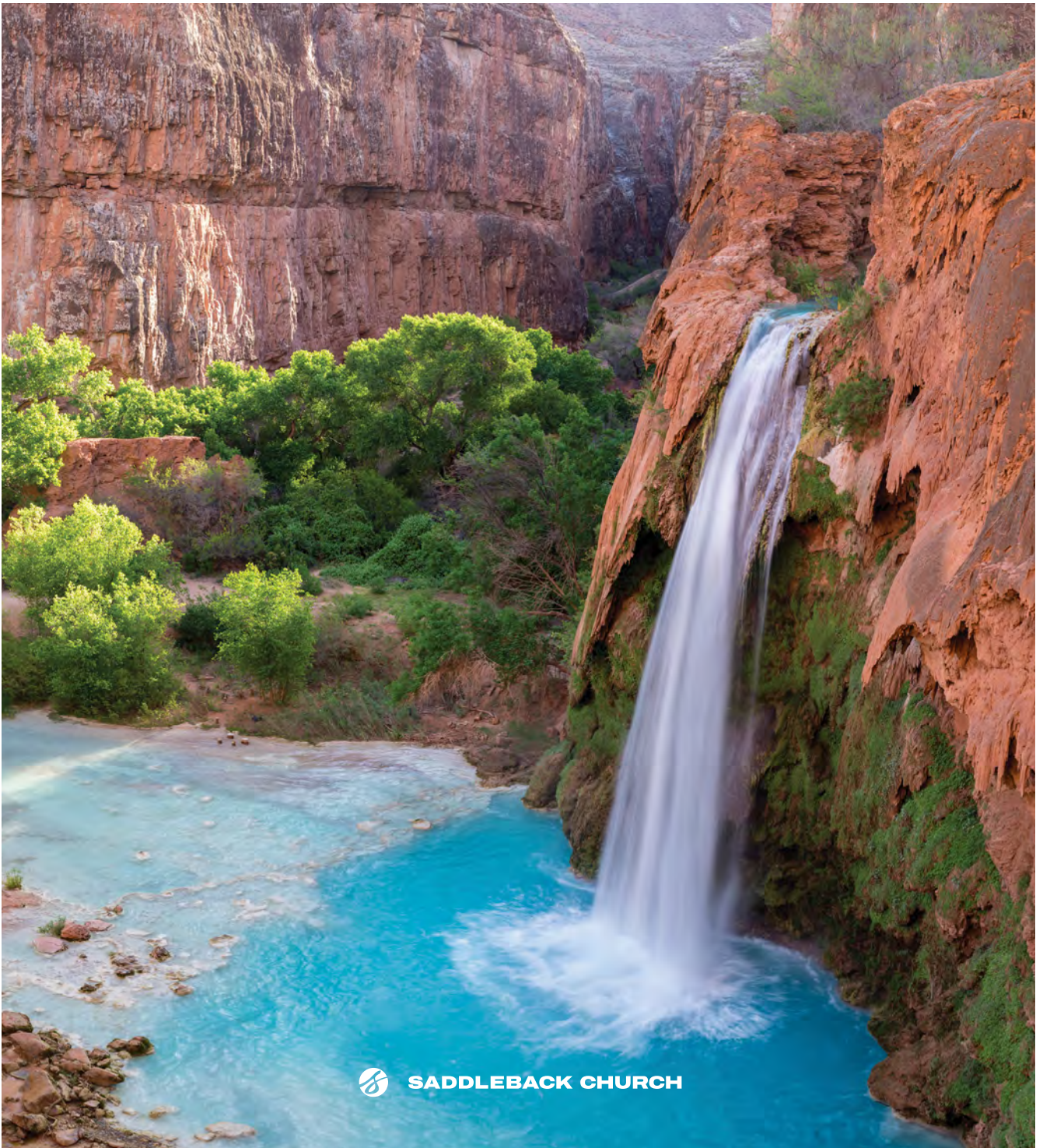


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RETREAT



**SADDLEBACK CHURCH**



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RETREAT

# *refresh* | RETREAT

## A Saddleback Church Personal Retreat Guide

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Written by Brandon Bathauer, Spiritual Growth Team

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*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.  
Whoever believes in me, as Scripture has said, rivers  
of living water will flow from within them.”*

**JOHN 7:37-38**



Dear Friend,

Are you in need of rest? Do you long for a moment of refreshment—a chance to recharge and find rest for your soul? Well, we're so glad you've picked up this resource.

Welcome to the *Refresh Retreat*. Our team has designed this guide to help you pause, reflect, and spend some much-needed time with the Living Spring, the source of all refreshment.

In John 7:37–38, Jesus proclaimed to a crowd of thousands that he would satisfy their thirst. He proclaims that to you. No matter the deserts you've walked through, however many mirages you've chased down and been disappointed by in the past, Jesus stands ready to refresh your soul. Take him up on his offer, you won't regret it.

I want to emphasize that this retreat is not about completing every detail, but rather about spending precious time with your

Father, the giver of living water to your soul. This journey will take you through four thematic parts rooted in John 7:37–38:

- Theme One: Thirst
- Theme Two: Mirage
- Theme Three: Oasis
- Theme Four: Living Water

My friend, I encourage you to take your time, be present in the moment, and allow the Living Spring to replenish your soul. May this retreat bring you the rest, renewal, and refreshment that you seek.

Blessings to you,



Brandon Bathauer  
Spiritual Growth Team







## **Making the Most of This Retreat Guide**

There are a few items you'll need before getting started:



A bottle of cold water



Something to write with (if viewing a digital version you will need a tablet pencil or your writing medium of choice)



A device with an internet connection



Headphones



A refreshing setting where you can read through this guide without distractions



About one hour (I know it may seem like a lot of time, but it'll be worth it)



As you walk through these thematic sections, we have provided some prompts to help you dig in. Just like Scripture, the deeper you go, the more time you spend with these prompts, the more you will get out of this time. You'll get out what you put in.



### **RECEIVE**

Click on the link or use the QR code to enter the audio experience. This is where the headphones come in. Each audio clip is approximately five minutes and will introduce each of the four themes.



### **REFLECT**

After listening, write down your reflections in the spaces provided. If you're using an interactive PDF, simply click the links to listen to the respective audio clip. Below the reflection sections, type in your responses, and save them.



### **REACH OUT**

Take a few moments to talk to God about what you are processing.



### **RESONATE**

Jesus often used images and metaphors to teach. You will be presented with two contrasting visuals to help you reenvision your own daily rhythms. This is meant to stir up images in your own mind to help you live the refreshing life God wants for you.



### **REALIZE**

Make these reflections a reality. This is your opportunity to step back into the real world and see how Jesus' words can change your actual daily life, from dry deserts to living springs.





## How to Use This Interactive Guide

This study guide is designed to be used as a downloaded file on your tablet or phone. You do not need to print it out unless you want to. Throughout the guide, you will see areas where you can type directly into the guide. There are also convenient links that direct you to external resources including Scripture passages on *Biblia.com*.

### HELPFUL TIP

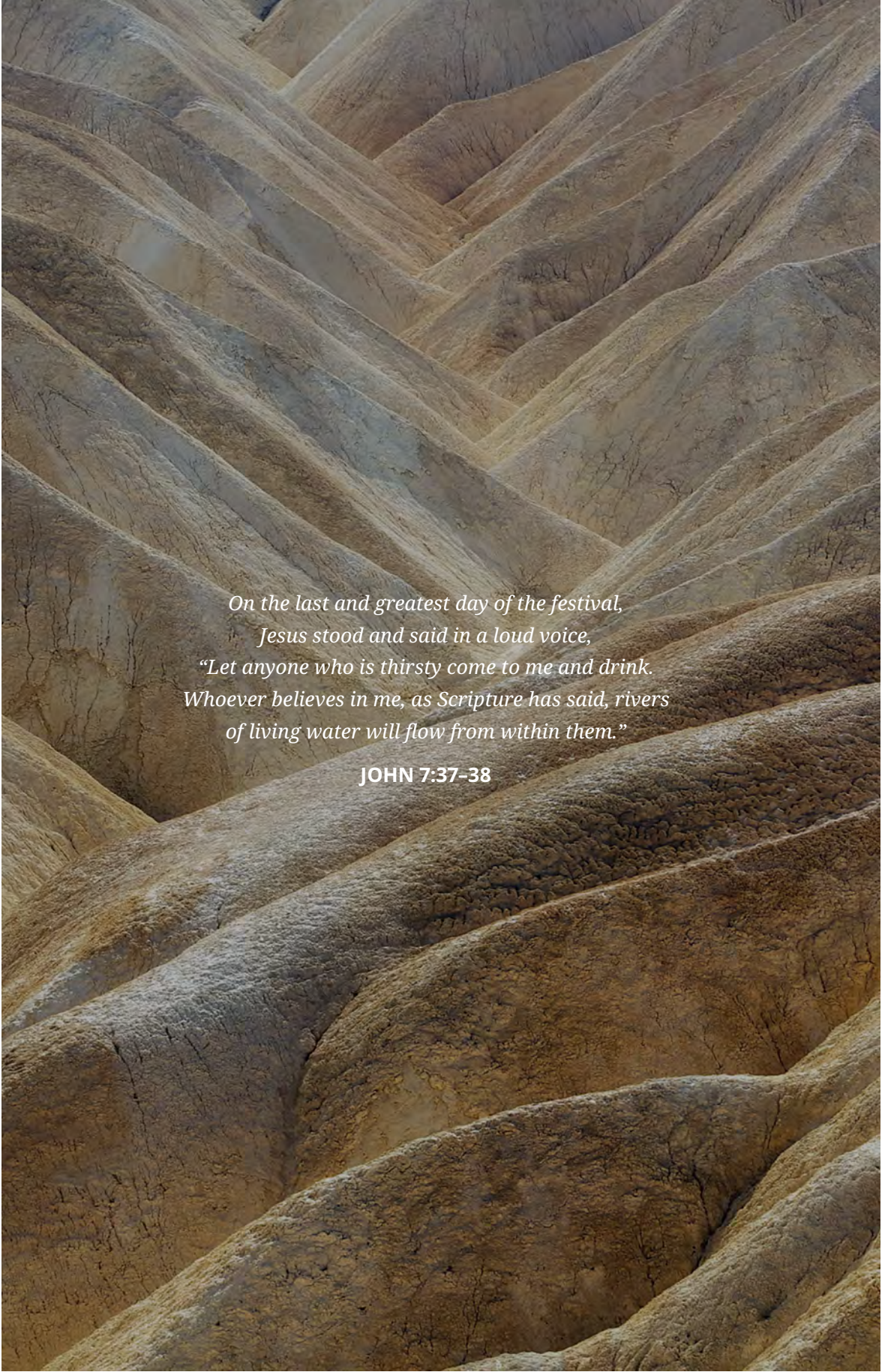
For the best experience on Android™ platforms, please view this interactive study on Adobe Acrobat Reader DC®.











*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.  
Whoever believes in me, as Scripture has said, rivers  
of living water will flow from within them.”*

**JOHN 7:37-38**

## Theme One

# THIRST



### RECEIVE

Scan the QR code to direct you to the Thirst track and to be guided through the next part of this self-guided retreat.



*To start, find a quiet place. Get away from the noise and busy. Go ahead, hit pause, find a relaxing spot, and get all settled. All set? Good.*

*Take a moment to picture a desert in your mind. You know, those bleak, beige Saharan sand dunes from those survival shows—a journeyer riding a camel slowly across long stretches of bone-dry sand. Imagine the sun and heat, relentless, coming from above and reflecting like a mirror on the sand below. You look to the horizon, as far as you can see, and all there is is more sand, more heat, not one spot untouched by the sun.*

*I don't know about you, but this is a perfect picture of how life can feel these days. Long, seeming unending stretches of work, of pushing, of—if we're honest—survival. Between juggling work, helping kids with school, those late nights praying for infants to sleep as they scream in your ear, or the enraging arguments with teenagers before*

*dinner, the feelings of loneliness that just don't seem to end. It's easy to feel like we're in the middle of a desert, with just hot sand as far as the eye can see.*

*And that is when the thirst kicks in. Thirst is your body crying out for refreshment. If you just take a minute and think about the feeling of thirst, it's actually a good thing. It is your body reminding yourself of what you need, that you are not a superhero or a machine, that you are a living being that is in desperate need for refreshment. You need water.*

*So what are you thirsting for in your life right now? Do you just need real rest? Do you need new hope? Maybe you just need to hear “Good job,” or “Well done.” Maybe it's community that you're thirsting for. Maybe it's hope. Maybe a new perspective. Maybe you just need a restart.*

*Take a minute and think about this, then ask God, the one who provides, to provide you the refreshment you need.*



## REFLECT

You may feel like you're journeying through the desert right now. Write down any thoughts that come to mind after reading the next few questions.

### *Reflection 1*

*How would you describe your desert? Like the sun and the sand, what drains you? What makes you feel tired or overwhelmed?*

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***Reflection 2***

*What long stretches do you experience in your days?  
What periods of time do you feel like you're journeying  
in the desert, thirsty, and yearning for a needed break?*

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## **REACH OUT**

Take a few minutes to offer these long, desert moments to God. Ask for his help, guidance, and endurance during these periods.









## **RESONATE**

*When things get too busy in life, it's easy to feel like you're in a relentless storm—like everything is a hurricane and you're just holding on for dear life. Things feel confusing, you feel overwhelmed, and visibility is low.*

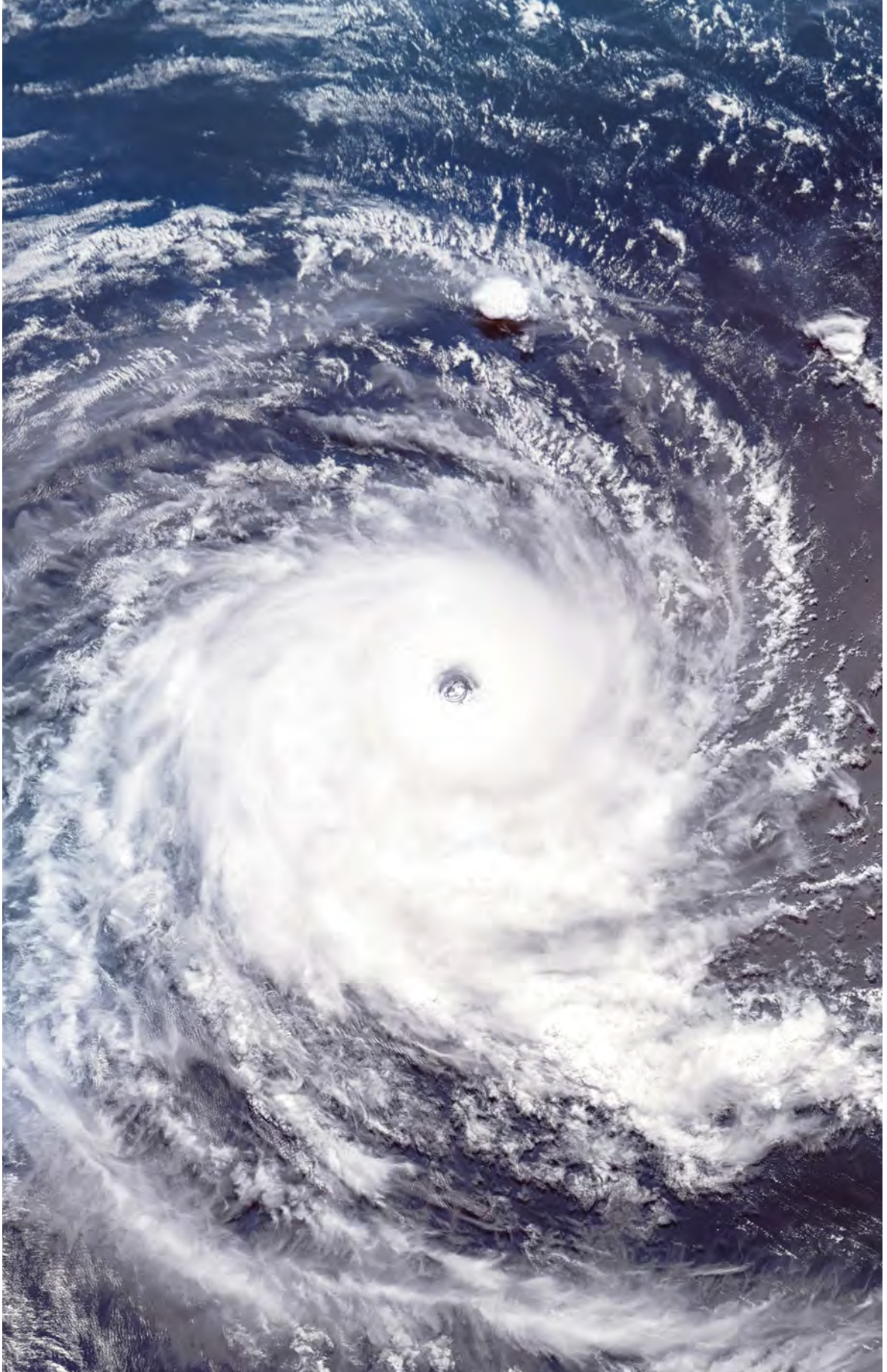




*It is incredibly helpful to get a higher view, to get above the clouds, where the sun is shining, and the visibility is as far as the eye can see. Get high enough, and you can see the storm in full view, know where the eye of the storm is, and which direction it's moving.*

Whether desert or storm, being at ground level is much harder than being at a higher altitude. We sometimes spend so much time living IN our life that we miss out on working ON our life. Use this time as an opportunity to work ON your life, get above the storms and the long stretches, and see what things look and feel like from a different, higher perspective.







## **REALIZE**

Let's make this real. Take that 10,000-foot view of your daily routines and rhythms, and begin to see where the challenges arise. Break your day into slots, then list out what you do with the slots of time represented in the chart. The more detailed you get, the more helpful it will be.

What long stretches do you face during the week? When do you get to rest? When do you need to rest up for long journeys ahead? Reflect on how to get a better understanding of your time and how you can prioritize it more intentionally.





### Perform a Weekly Time Audit

	Early Morning (5-9)	Morning (9-12)	Afternoon (12-3)
<b>Sunday</b>			
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			

➤ What long stretches do you see? Where do you feel like you're journeying in the desert over long distances without rest? Color in red the parts where you tend to experience thirst. These are times to build in intentional, short moments of refreshment with him.

➤ What rhythms emerge that you didn't see before? What times of the day/week are suited more for work, and what times are suited more for rest? Color in green the parts that bring some shade or potential moments of rest.



Late Afternoon (3-5)	Evening (5-8)	Night (8-12)

➤ What time-wasters do you see? What blocks of your week could use a bit more intentionality now that you see it from a higher level? Color in blue the parts that you want to re-imagine.

➤ Your life is made up of how you spend your time. Take a moment, and look again at your weekly rhythms. If this chart represents what you prioritize in life, what do you see? What needs to be added or taken out? Spend time in prayer, thanking God for his gift of time. Then ask for his help to use yours well.

*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.  
Whoever believes in me, as Scripture has said, rivers  
of living water will flow from within them.”*

**JOHN 7:37-38**



## Theme Two

# MIRAGES



### RECEIVE

Scan the QR code to direct you to the Mirage track and to be guided through the next part of this self-guided retreat.



*Now, when you're in the middle of a desert, seeing only long stretches of dry, hard work ahead, your mind can start to play tricks on you. The thirstier you are, the more tired you are, the more you tell yourself that water is just ahead. You even begin to see water where there is no water, you chase after a mirage of refreshment, spending needed energy chasing something that won't fill you.*

*Sound familiar? When we are in desperate need of true refreshment, we often chase mirages. Instead of water, we just drink hot sand. Maybe you spend your sacred moments of calm scrolling social media and getting angry. Maybe you are afraid to slow down, so you fill your time with other whirlwinds that don't offer rest. Maybe after a long day of work, when the kids are finally asleep and you can put your feet up, you binge TV that keeps you up too late and offers you no real refreshment. These are mirages, and they never quite quench your thirst. You end up MORE spent, drinking sand and hoping to find just a moment of respite from the sun.*

*See Jesus, he is the source of true refreshment. Here, in this passage, he stands and he yells. When else do you ever remember Jesus raising his voice? It's very rare. He yells this at the big conclusion of one of the biggest festivals of the year for the Jews. The festival of*

*the booths, or tabernacles. It was a celebration in remembrance of the Jews' wandering in the desert as they fled Egypt. At the conclusion of the week-long festival, priests would fill a large, golden pitcher full of water. And at the steps of the temple, they would pour out the water into a huge basin, reminding the people that GOD provided water in the desert—refreshment to weary souls.*

*Jesus, knowing this symbolism, jumps to the stage just as the priests finish filling the basin, just as the festival reached its climax, and yells out over the crowd, "Let anyone who is thirsty come to me and drink."*

*He knew that people then, and knows that we now, have a tendency to go to unrefreshing sources of water, where the springs don't offer the refreshment that he can. So, what would it look like for you to, "Come to him and drink"? Would it be prayer? Reading his Word? Maybe just more moments like this, planned out ahead of time? Spending some time with music, or art, or reading—something that brings glory to God and raises your eyes and your thoughts higher. What's your real plan to find refreshment in him when you really need it?*

*So take a moment to tell God what you'll do next time you are tempted to chase a mirage.*



## REFLECT

In the middle of the desert, in our tiredness, we can easily mistake sand for water. These are mirages—optical illusions that promise refreshment without delivering. Write down your thoughts about the next few questions. Then work through the prayer exercise.

### *Reflection 1*

What mirages do you chase to find momentary refreshment (i.e., social media, bingeing shows, constant noise, unhelpful news, busyness, junk food)? What makes these initially attractive to you? In what ways do they—on the surface—promise to quench your thirst?

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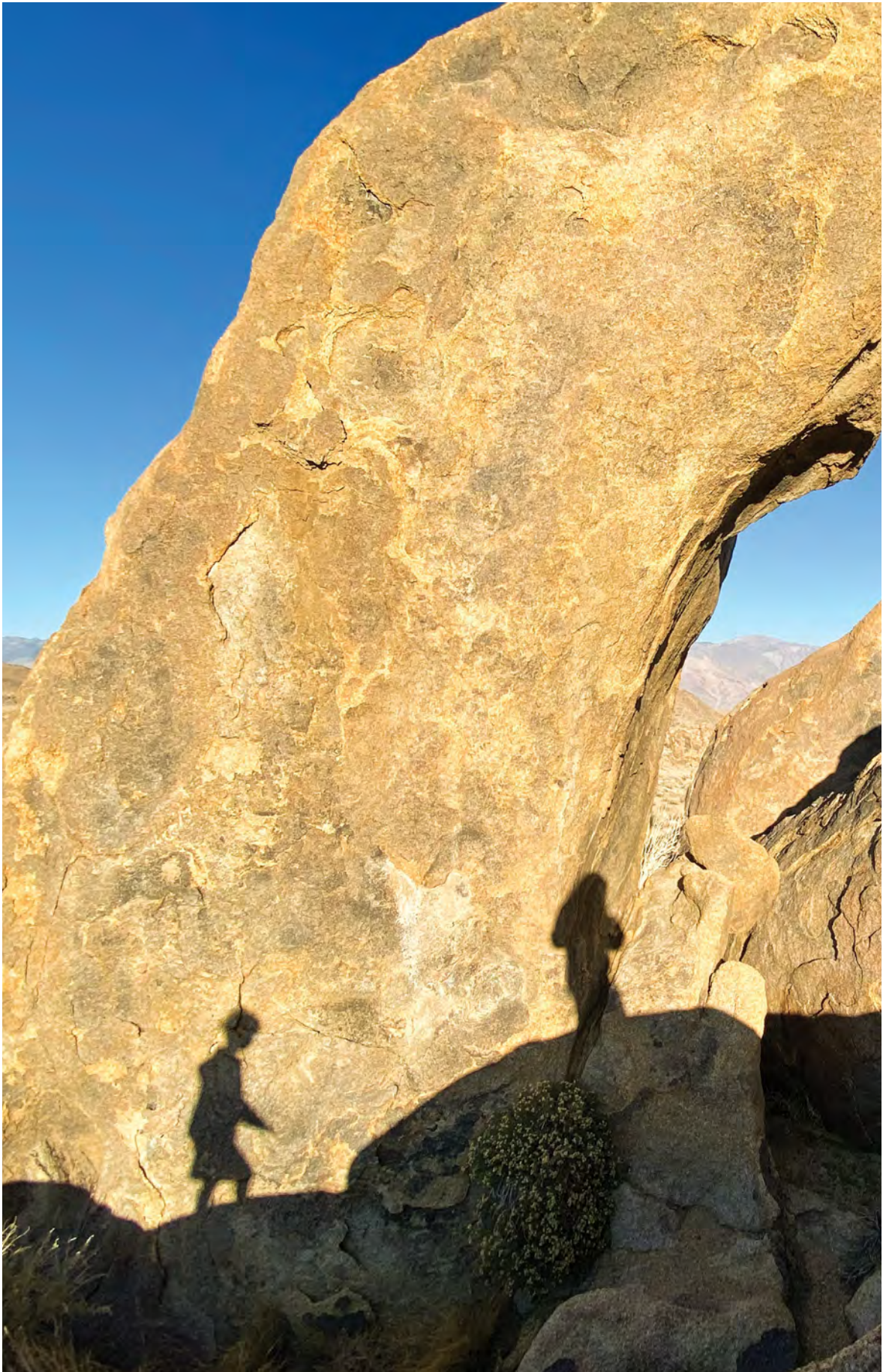
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***Reflection 2***

*How do you feel after indulging in these mirages? How do you feel when you re-engage with reality after engaging with the mirage? What has been your experience?*

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## REACH OUT

God described this tendency of going to mirages through the prophet Jeremiah:

*“My people have committed two sins:  
They have forsaken me, the spring of  
living water, and have dug their own  
cisterns, broken cisterns that cannot  
hold water.”*

**JEREMIAH 2:13**

Spend a few minutes confessing to God the ways you try to inadequately quench your thirst. Then surrender those burdens, and tell God what you really need from him.









## RESONATE

*When you're caught up in the moment-by-moment type of life, it is so easy to spend your sacred, few moments of quiet or calm like this. This is what chasing a mirage might look like for you.*

*If you're honest with yourself, it probably doesn't refresh you and does very little to prepare you for all that is coming next.*



*Believe it or not, even a minute well-spent in the presence of your good God, the Creator of the universe, can leave you feeling like this. Life is made up of a collection of moments. So get ahead of them, and plan out how to use these sacred moments well, however few they may be.*

Now take a moment to think through your day—at the moment-by-moment level. What kind of mirages do you run to? What are easy experiences of escape you engage in? Since they are close and often at our fingertips, we don't have to work too hard for them. They are also just sand, so they don't offer you long-term relief.







## **REALIZE**

Take some time to intentionally plan how you'll spend your breaks. What mirages do you chase when you have a one-minute break, five-minute break, or a 15-minute break? What about when you have a couple of hours? Walk through this next exercise to name these things. Then create an alternate plan to follow through with one that is truly life-giving.

Use the chart below to think through these things, and come up with ideas for how to use your time in a more helpful way. Print it out, put it up on your fridge, or take a picture and put it on the background of your phone.

This activity isn't about feeling guilty or about putting more burdens on your back. This is about living the abundant life that Jesus has for you. This is for your health. This is for his mission. What brings you life?





## Break Plan

	My Mirages (what I usually do)
1-Minute Break (example)	Check phone notifications
1-Minute Break	<b>Example:</b> Check phone notifications, browse news stories, get frustrated
5-Minute Break	<b>Example:</b> Scroll social media, busied distraction, grab unhealthy snack
15-Minute Break	<b>Example:</b> Scroll social media, watch unhelpful show, vent, read news, and get angry
30-Minute Break	<b>Example:</b> Scroll social media, wander on device, watch a show, busied clean up
Multi-Hour Break (evenings)	<b>Example:</b> Binge TV, eat unhealthy snacks, vent to loved one, play mindless games

**My Break Plan (what I'll do instead)**

**Ideas:** Short prayer to thank God for one thing today

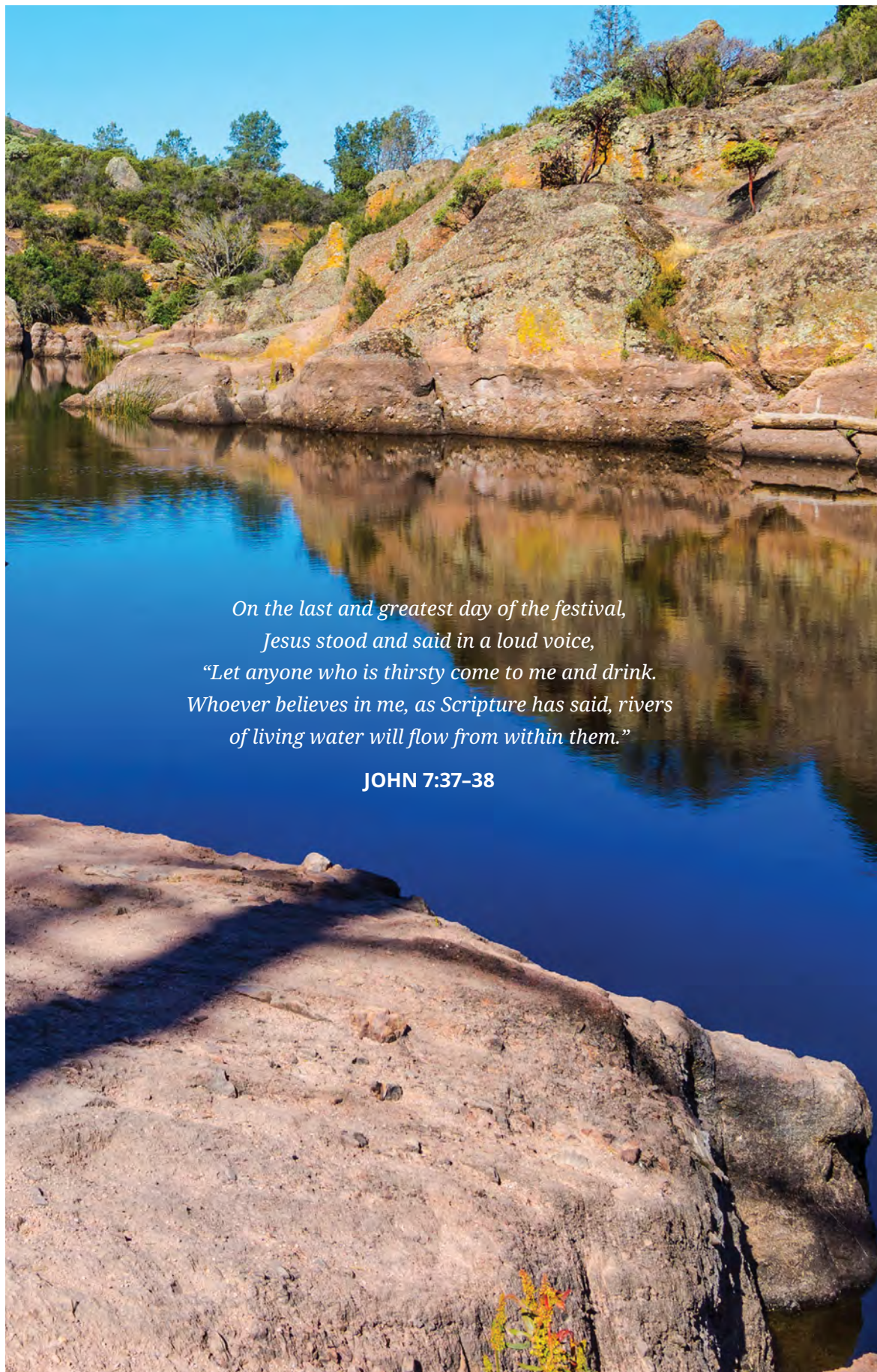
**Ideas:** Gratitude prayer, silence, text a friend, read a Bible verse, take a deep breath, stretch break

**Ideas:** Go outside and stare at the sky, listen to a worship song, sit in silence, call a friend, doodle

**Ideas:** Go outside, stare at the sky, listen to a worship song, sit in silence, call a friend, read a book

**Ideas:** Go on a walk, read a book, spend quiet time with God, listen to a helpful podcast, practice a hobby

**Ideas:** Board games with loved ones, intentional conversations, sleep, read, hobby, bake something good



*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.  
Whoever believes in me, as Scripture has said, rivers  
of living water will flow from within them.”*

**JOHN 7:37-38**



## Theme Three

# OASIS



### RECEIVE

Scan the QR code to direct you to the Oasis track and to be guided through the next part of this self-guided retreat.



*Now, go back to that image of the Saharan desert once more—long stretches. You’ve been journeying relentlessly. You are tired, and your mouth is dry with thirst. Then imagine seeing palm trees in the distance.*

*Green. Life. There—in the middle—shimmering, bright, blue water. Imagine running from the hot sands and plunging into the cool water. Feeling the warm desert winds blow water from your skin as you watch palm leaves sway overhead. This . . . this is what refreshment looks like. And this is what your God wants for you. “Come to me,” he says, “all who are weary, and heavy-laden, and I will give you rest.” This isn’t just some dreamed-for paradise. This is the life he promises to those who love him. Desert is still around us, we will have trouble in this world. But he wants us to experience true shalom, true peace—rest for our souls.*

*Spend some time in the oasis right now. You are more than a worker, a production*

*unit, a supplier of the needs of your kids. And if you’re wondering where this refreshment may actually come from, ask God to reveal it to you. If your schedule is jammed packed, and you don’t have a moment to stop at an oasis, the fact is, you are running too hard. Let your thirst remind you of that. And when you’re looking at long stretches of desert ahead, remember, that if there seems to be no oasis around, God can bring water, even out of a rock.*

*In the most unlikely of places, a glance from a kid, a loved one’s laughter, a quick look up to the beautiful sky, or the millions of small details that surround us, God can give us the water we need to make it to the next step. Ask God to give you clarity, to open your eyes to the oases around you. You were made to be loved by God, so soak in his love and refreshment. Spend some time in the oasis right now. Take a drink of cold water, and savor it.*



## REFLECT

God has refreshing moments of pause, of quenched thirst, of true peace, around every corner. Come in out of the heat, plunge into refreshing pools of water, and soak in his goodness. These are pit stops throughout the day to remind you of the abundant life Jesus promises.

### *Reflection 1*

*Think about the rhythms of your day—the places you find yourself, the patterns of your coming and going. Where might God have placed oases for you to be refreshed?*

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***Reflection 2***

*Pick one or two of the top stressors or challenges you are facing this week, and write out your plan for the oasis you will run to when you notice yourself beginning to thirst.*

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## **REACH OUT**

Take a few minutes and spend time with God. Don't just throw requests at him; don't feel like you need to talk at him; just spend a few minutes with him. Sit down in a relaxed but upright posture. Let your shoulders relax. Take a deep breath. If it's helpful to just sit in silence, great. Or think through how grateful you are for today or for this moment. If you can spare it, spend an extra five minutes in this musical oasis.







## RESONATE

*Who feels like these camels right now? Sand, sand, and more sand. The thing about journeying in the desert is you have to pay attention to the landscape. Although it may be dry, you can survive by keeping your eyes peeled for signs of life.*





*God has sources of refreshing for you, that make you feel like this. Often, we're too busy caught up in the tasks and to-dos of life that we just miss them! How can you find places like this when you feel like those sad camels over there?*

Exodus 33:14, *God says, "My Presence will go with you, and I will give you rest."* It's not about having to leave for some other place. God's life-giving rest journeys with you. It may be in the moment your child says something surprising. Or maybe it's the way a Bible verse comes to your mind when you need it. Did someone surprise you with an unexpected "thank you" at work? Perhaps you experienced the tastiness of that avocado toast in the morning. Or maybe it's the way the steam dances above your cup of tea. These are moments God is coaxing you into a moment of gratitude and refreshing with him. Whatever it is, we often pass it by. We don't stop, soak it in, and get replenished by it.









## **REALIZE**

There are signs of life all around. What has a bit of green in a landscape of beige? Where do you feel moments of exhilaration, rest, or refreshment even amidst your tasks? Using the table, go on an “Oasis Hunt” to investigate and pay better attention to what fills you up amidst life’s hectic times. Intentionally think through what oases you may be passing.

Take some time now or throughout your week to take notice of these signs of life that pop into your mind or occur throughout your week. This will help you do two things:

1. Writing it down today will help you pay more attention to it, keeping your eyes open for signs of oases throughout your day.
2. Remembering all the oases in your daily path will give you hope for tomorrow.





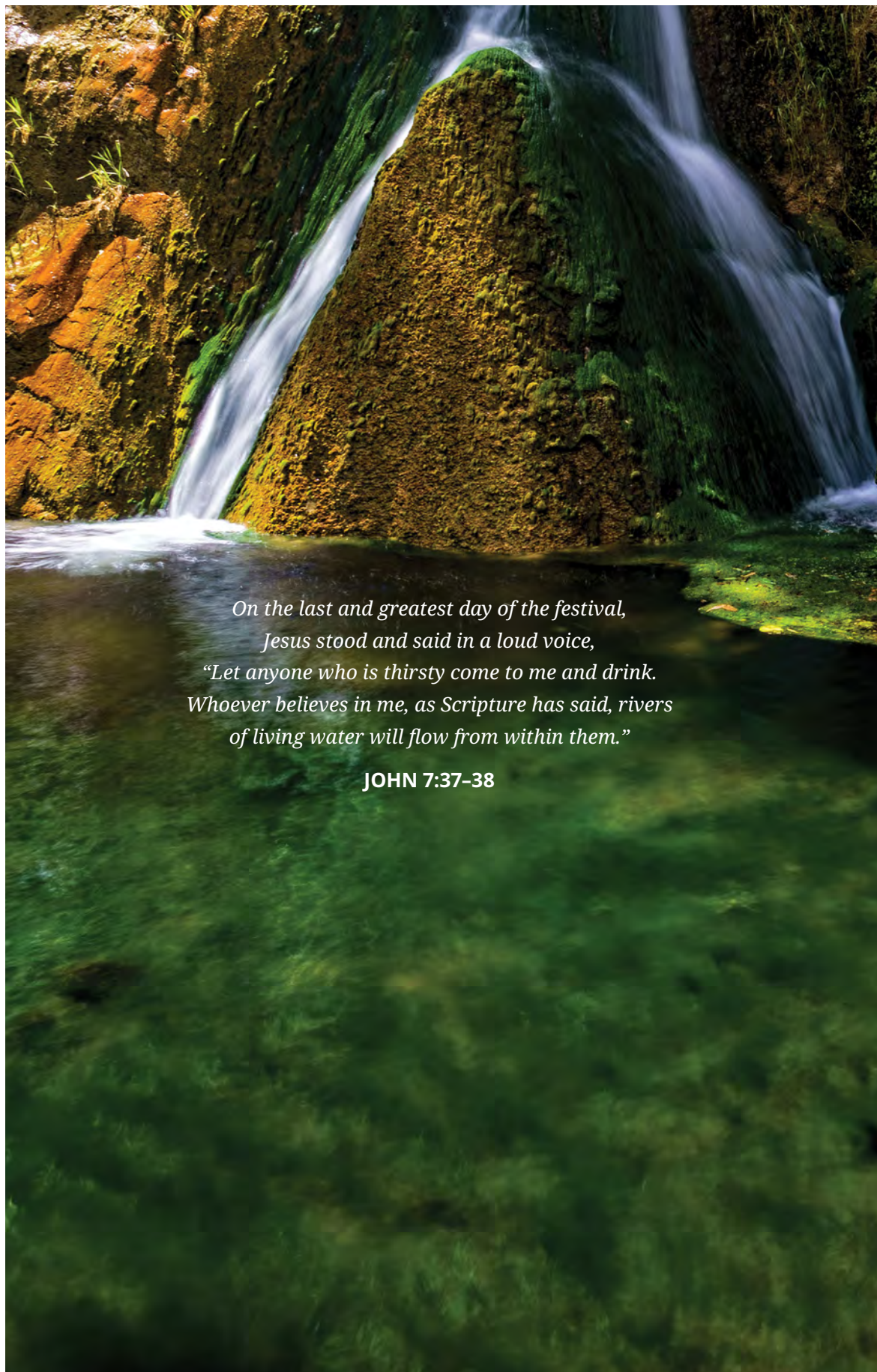
Oasis Hunt

Oases I experienced today
<p><b>Example:</b> My son asked why my face “looked like that.” I laughed so hard, realizing I haven’t showered in 2 days.</p>

How God refreshed me there

**Idea:** *God reminded me not to take myself too seriously.*





*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.  
Whoever believes in me, as Scripture has said, rivers  
of living water will flow from within them.”*

**JOHN 7:37-38**

## Theme Four

# LIVING WATER



### RECEIVE

Scan the QR code to direct you to the Living Water track and to be guided through the next part of this self-guided retreat.



*Now, as we conclude, we must ask why? Why does God care so desperately about refreshing our desperate thirst? Well, because we are not only meant to be those that come to the source of living water; we are meant to be oases to those around us. Remember he says, “Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.”*

*See, God is not content only to quench your thirst. He wants you to be a source of refreshment to others. What is your true responsibility as a parent, as a worker, as a friend, as a neighbor? It is not your responsibility to solve every problem, to supply every need, to satisfy every desire . . . no, you are simply asked to be a carrier of the living water. We often end up parched because we’re guilting ourselves to do more than we are asked. Jesus promises, here, that those that find refreshment in him will not only be refreshed themselves—they will have rivers of living water gushing out from within them. Not something to squeeze out, not a guilt-inducing, “I have nothing left to give but I’ll try,” but, an unstoppable deluge of crisp, fresh water pouring out from us to others because the source of all water is alive in us.*

*Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” John 7:37–38*

### CLOSING PRAYER:

*Jesus, you promised that whoever drinks the water you give will never be thirsty again. And yet, I find myself often at other wells, chasing mirages that only offer hot sand. Please remind me of your refreshment—the refreshment of a contented soul. As I come to you, please satisfy my needs in this sun-scorched land.*

*Please strengthen my frame, that I would be like a well-watered garden, like a spring whose waters never fail.*

*Please open my eyes to the oases I pass throughout my day, moments for refreshing that I leave behind because I buy the lie that I need to push harder. May my thirst remind me of my need for you. Thank you for shouting these words above all the noise today. That whoever is thirsty needs simply to come to you. I hear you. I am thirsty. Please give me the water only you can provide.*

*In Jesus’ name, Amen.*



## REFLECT

Do you feel like a river of living water to others? What responsibilities do you lean into that leave you empty or dried up? What would it look like to re-think those responsibilities? Write down your thoughts about the next few questions, then work through the following prayer exercise.

### *Reflection 1*

*Do you believe God, the source of living water, desires to quench your thirst? Take a moment to read through John 7:37–39 again. Write down what you are feeling emotionally and spiritually.*

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**Reflection 2**

*Who has been a source of living water to you? Who could you be a source of living water to? What would that look like? A neighbor, family member, friend? What would it look like for “rivers of living water” to flow “from your innermost being” to those around you?*

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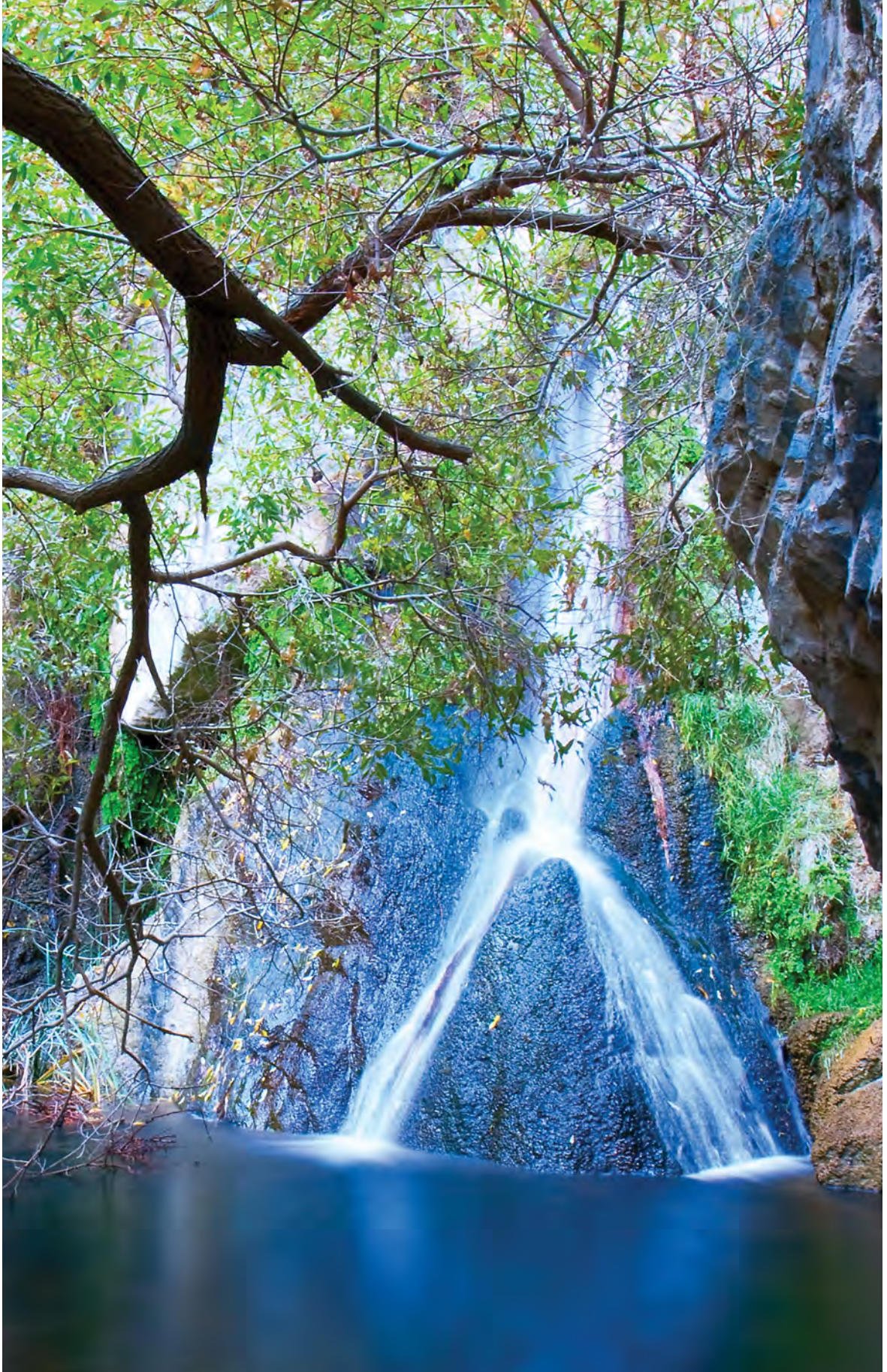
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## REACH OUT

Ask God, the one who is the source of all refreshment, to refresh others through you. Ask God to relieve any pressure or guilt about doing so, that this would not come from an attempt at earning his love or love from others, but that it would come from a place of being deeply loved by him.

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## RESONATE

*This is what we want when we think about being healthy, right? Time together with smiles, connection, learning, and growing. We want to offer our loving presence—the way we feel when we are in the presence of God. We want that to overflow into our contexts.*







*But all too often, this is not the reality. Chaos, peanut butter under our fingernails, chasing a million tasks that we can never get on top of, all the while completely missing out on what we wanted to be as disciples anyway! Quality time **with each other** . . . time **together**. Simply put, we're too busy chasing tasks that we miss offering and practicing presence with God, with ourselves, and with others.*

Jesus says that for those who believe in him, “*rivers of living waters will flow from within them*” (John 7:38). This is an image of a tree planted in the Dead Sea. When there is no outlet, the water lacks life. It bears no fruit. It is dry and dead, pouring out nothing . . . not even shade. So why do I feel like this? Why do I feel like I need to manufacture any bit of water to offer others? Well, it is likely because we forget what our true responsibilities are.

Maybe we think we are meant to be the solution to everyone's problems. Or perhaps we struggle with needing to be the source of everything to everyone, or that we always have to possess the right answer, acquire the best accolades, or fill our time with the busiest schedule. Where are we trying to build our own wells rather than turning to the Living Water? What are some images or memories that come to mind?







## **REALIZE**

For this next exercise, plot out a “truth map.” This exercise might be the most challenging because it will take you face-to-face with the stories you may tell yourself—the stories that center around your identity. Take some time in the chart below to do two things:

- Begin by writing down the stories you tell yourself about who you are, what you carry, and why you do what you do.
- Then, write out what God says about you—who you are, what he wants you to carry, and his purposes behind your life.

This is meant to be a freeing exercise, and it is the way to enter into being a source of Living Water to others. It is only when we abide in the vine that we can bear fruit. Take some time to remember who and whose you really are.



Living Water

Things I tell myself about myself (my identity, my responsibilities, my burdens to carry, etc.)
<p><b>Example:</b> <i>I am only as good as the work I produce.</i></p>



**Things God says about who I am (my identity, my responsibilities, my real purpose, etc.)**

**Idea:** *I am God's masterpiece . . . fully loved not because of what I do, but simply that I am. And God has made me as a masterpiece to be a source of good to others. He's already prepared things in advance for me to do, so I can just rest in what he gives me (Ephesians 2:1).*

## Conclusion

We hope that was refreshing! God has a way of bringing living water to our souls, no matter how tired, parched, or beat up we are! As you finish up, thank God for his work in you and through you. Capture any notes or thoughts you don't want to lose, then step back into the world God has for you.

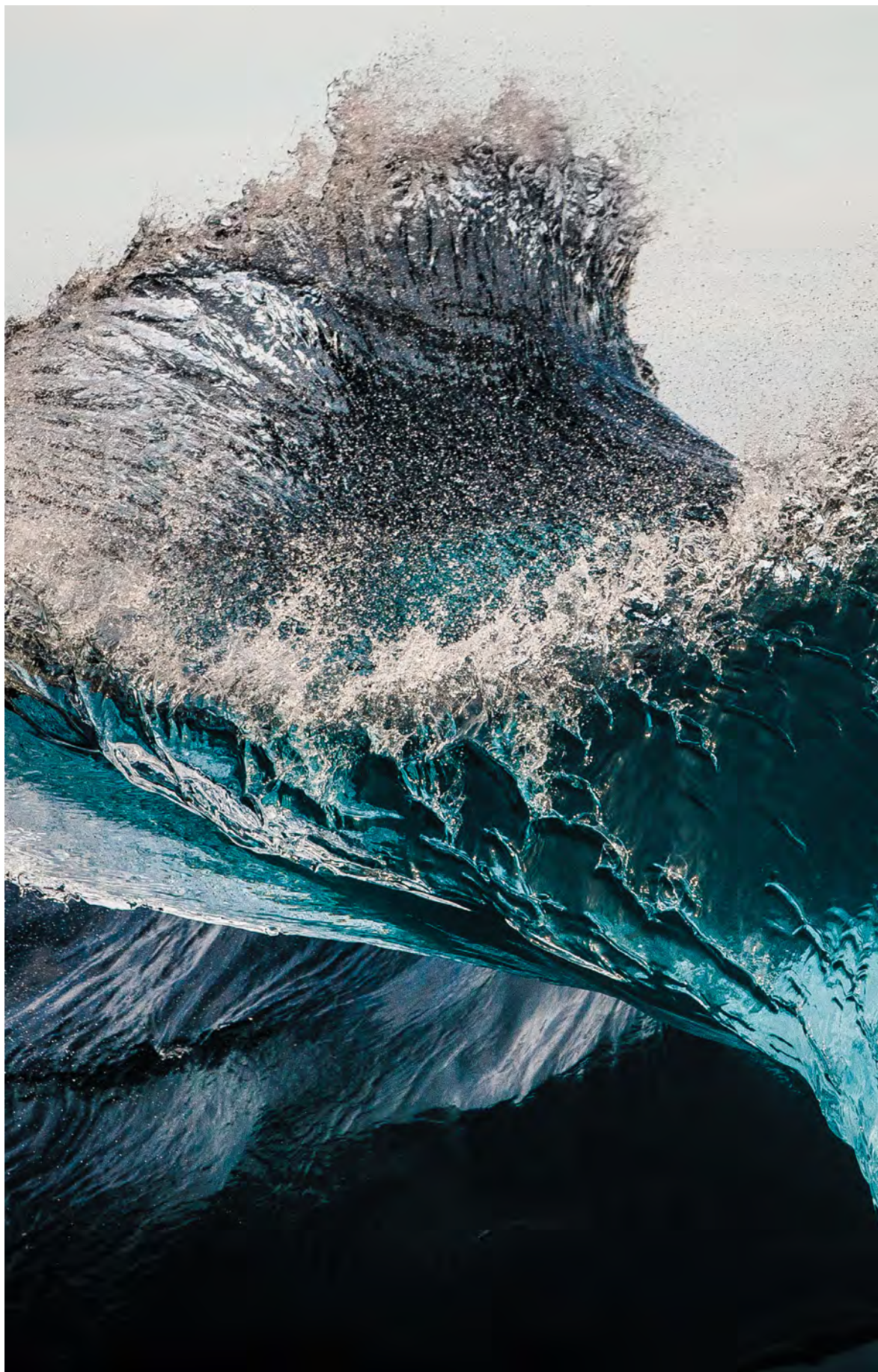
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## THE WELL PODCAST

These audio clips came from an episode of *The Well* podcast. This resource is a collection of guided reflections prepared by our Saddleback Spiritual Growth team. The 10 to 15 minute audio experiences are meant to help you quench your thirst with the Living Water, as you meditate on Scripture, pray, and spend time talking to God about what is welling up within you.









## REACH OUT

We want to help you grow. We've got loads of resources, podcasts, pathways, etc., to help you grow more and more into the abundant life he has for you.

Shoot an email to [maturity@saddleback.com](mailto:maturity@saddleback.com) or visit [saddleback.com/grow](https://saddleback.com/grow) to check out what other resources are available to you.















## A Saddleback Church Personal Retreat Guide

Escape the desert of exhaustion and overwhelm, and find refreshment for your soul with this *Refresh Retreat* experience designed to help you pause, reflect, and spend some much-needed time with the Living Spring.

In this experience, you will walk through John 7:37–38, hearing from Jesus about the life he yearns for us. Interact with his promise to bring you springs of living water.

Through audio experiences, reflective questions, prayer exercises, and practical tools, this *Refresh Retreat* will help you get on top of your days, identify the mirages that promise refreshment without delivering, and guide you toward the oasis where you can find true peace and abundant life.

Whether you're feeling overwhelmed, tired, or just in need of a break, the *Refresh Retreat* is a must-have resource for anyone seeking to quench their thirst and find rest for their soul. So take a deep breath, open the first page, and let the Living Spring replenish your spirit.

This *Refresh Retreat* will take you through four thematic parts rooted in John 7:37–38:

- Theme One: Thirst
- Theme Two: Mirage
- Theme Three: Oasis
- Theme Four: Living Water



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