
Living Water

Hymn: [When I Am Baptized, Children's Songbook, 103](#)

Scriptures and Quotes:

[Matt. 3:16](#): “And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened to him, and he saw the Spirit of God descending like a dove, and lighting upon him.”

[John 4:10](#): “Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.”

(There are SO MANY scriptures about water! Check out our [Resource Library](#) to look at all of them.)

“Wherever we live in this world, we see the glorious rising sun, which bears record of the Light of Christ that fills our hearts and enlightens our minds. The mighty rivers and the meandering streams bear record that the Savior is the source of the living water that can quench our thirst for spiritual things.”—Susan L. Warner

“If there is disregard for oneself, there will be disregard for one’s neighbor. If there is no reverence for life itself, there is apt to be little reverence for the resources God has given man. The outward expressions of irreverence for life and for fellowmen often take the form of heedless pollution of both air and water. But are these not expressions of the inner man?”—Ezra Taft Benson

Overview:

- What qualities does water have that would cause Christ to use it as a comparison to Himself?
- What are some of the many uses of water?
- Why is it important to keep the water clean?

Activity Ideas

For younger children:

Fill two glasses with clean water, and slowly add contaminants like dirt, paint, and plastic wrap to one of them. Ask them which water is good to drink. Ask them which one is best for plants and fish. Explain that Heavenly Father wants all of His children to have clean, pure water.

For older children:

Do some research to track down the path water takes to get to the tap in your home. Where is the source? Discuss how to keep the water protected so the source stays clean. Ask what they think will happen if the source runs dry.

Treat Ideas

If you happen to have access to CLEAN snow, make [real snow snow cones](#).

Follow the directions for [Blue Raspberry Slushies](#) and add Swedish Fish.

If you're up for a challenge, try this beautiful, clear Japanese mochi [Raindrop Cake](#).

(We'd love to see images of your results! Share a picture and tag us on Facebook or Instagram)