



## **STILL WATERS... STAY HYDRATED!**

*He leads me beside still waters....* Psalm 23:2

Funny thing I've been noticing the last several years every time I go to work out at the "Y", the number of people carrying water bottles with them as they do their exercises.

Amusingly, a number of the younger guys carry half gallon jugs full of water with them from exercise machine to exercise machine. I chuckle at the fact they are "pumping iron" every time they pick it up and move it someplace else. I chuckle to myself: talk about double tasking!

But what is that about? In one word: HYDRATION.

While I can't say I agree with their method, the rationale behind it is wise. Without the proper H<sub>2</sub>O in us we cannot live, let alone live healthy and strong.

The message this week is about a kind of different hydration. ***He leads me beside the still waters.*** The title is **STILL WATERS RUN DEEP**. Google that expression. You'll be surprised at what you find. For the New Testament be sure and check out John 7:37-39.

This Sunday we will be celebrating the Sacrament of the Lord's Supper. Talk about much needed hydration! And I am thankful that we won't be carrying half-gallon jugs around.

See you this Lord's Day.

***Pastor Chuck***

***THIS WEEK'S BULLETIN BELOW***



He leads me beside quiet  
waters, he restores my soul.  
- Psalm 23:2-3 -



**5150 Peridia Blvd. East**  
**Bradenton, FL 34203**  
**(941) 739-0202**

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