

She Thirsts No More



Your Well Will Never Run Dry

*A Sacred Invitation to
Restoration, Overflow, and
Spirit-Led Living*

THE WELLSPRING OF LIFE

An E-book written by Jo-Ann Russell

A Sacred Invitation to Restoration, Overflow, and Spirit-Led Living

She Thirsts No More, LLC.

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About the Author

Jo-Ann Russell is a spiritual leader, ministry facilitator, and founder of She Thirsts No More LLC—an online sanctuary devoted to women’s restoration and spiritual nourishment. Through its gift shop and curated resources, Jo-Ann offers soul-stirring tools that invite women into healing, wholeness, and deeper intimacy with God.

Rooted in legacy and led by grace, Jo-Ann curates music, prayer guides, daily affirmations, and reflective writings that speak to the heart. Her ministry blends poetic depth with practical outreach, creating sacred spaces where vulnerability becomes strength and faith becomes movement.

Through life coaching, support groups, and online learning, Jo-Ann walks alongside women as they rediscover the wellspring within—reminding them they are seen, known,

and deeply loved. She lives in Lincoln, Nebraska, with her husband Andrew, where she is actively engaged in local women's ministry and community outreach. Her greatest joys include handwritten notes, sacred conversations, and witnessing grace unfold in the lives of those she serves.

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Introduction

Welcome, beloved. This book is more than words—it is an invitation. An invitation to breathe again, to let hope rise, to let the deep places in your soul be met by the tenderness of God. Many women walk through life dehydrated spiritually—pouring out, surviving, striving, and holding so much inside. But the Father extends a sacred invitation. He calls you not to a life of exhaustion, but to restoration. Not to scarcity, but overflow. Not to self-reliance, but Spirit-led living. Jesus said, “Whoever drinks the water I give them will never thirst” (John 4:14). This is the heartbeat of *She Thirsts No More*—helping women discover the living water that does not run dry. As you move through these four chapters, allow yourself to slow down. Let Scripture speak freshly. Make room for the Holy Spirit to heal, renew, and guide you into a deeper walk with Him

Chapter 1: Returning to the Well of God

There is a well within every woman—a place designed by God where His presence refreshes, restores, and revives. Yet life has a way of pulling us away from that well. Noise, responsibilities, wounds, disappointments, and spiritual fatigue leave us feeling dry. But God calls us back: “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28). Returning to the well is an act of trust. It is saying, “Lord, I cannot fill myself. I need You.” Maybe you have been surviving on spiritual sips rather than a full drink. Maybe you’ve been pouring out more than you receive. Beloved, God does not fault you—He invites you. He draws you gently, as He drew the Samaritan woman, not with condemnation but with compassion. Jesus speaks into the places we hide: “If you knew the gift of God...” (John 4:10). He still says this today. When you return to the well, you return to identity, renewal, and grounding. You remember whose

you are and who you are becoming. Psalm 23:3 says, “He restores my soul.” Not your achievements. Not your striving. He restores you. Restoration is not a quick moment—it is a continual returning, drinking, and resting in Him.

Reflection: Returning to the Well

Take a quiet moment to pause.

- What has pulled you away from the well lately—busyness, grief, weariness, or self-reliance?
- Where have you been sipping instead of drinking deeply?
- Can you hear the gentle invitation of Jesus, not in shame, but in love: “Come to Me...”?

Let this be your sacred turning. Not rushed. Not forced. Just honest.

Write a prayer, a whisper, or a few words of longing. Let them rise from the dry places. Let them be enough.

Then ask yourself:

- What does restoration look like for me today?
- What would it mean to rest—not just physically, but spiritually—in the presence of God?
- How might I return to the well daily, even in small ways?

You are not forgotten. You are not too far gone. The well is still yours. He is still waiting.

Chapter 2: Living from a Heart of Restoration

Restoration is not just healing—it is rebuilding. God does not merely mend what is broken; He makes it whole again. Isaiah 61:7 declares, “Instead of shame you will receive a double portion.” Restoration is God’s promise to women who have walked through deep valleys. He restores the parts of your story that felt stolen, shattered, or silenced. Like the potter with clay, He shapes, presses, and reforms us with purpose. Your restoration is not random. It is intentional and deeply personal. God knows the places where you have been poured out, overlooked, or unseen. Psalm 34:18 reminds us, “The Lord is close to the brokenhearted.” He is close to you even now. As you allow God to restore you, you begin to see yourself differently—not through the lens of your past, but through the lens of His grace. Restoration positions you to live fully—not from emptiness, but from renewed strength.

Reflection: Living Restored

Take a quiet moment to sit with these truths.

- Where have you felt poured out, unseen, or silenced?
- What part of your story still aches for rebuilding?
- Can you believe that God's restoration is not random—but intentional, personal, and full of grace?

Let your heart speak:

- Write a prayer of release: “Lord, I surrender the broken pieces...”
- Declare a truth over your life: “I am not defined by what was lost—I am being rebuilt by Your love.”
- Ask yourself: “What does living from a heart of restoration look like for me today?”

You are not just healing—you are becoming. Restoration is your inheritance, not your exception. Let Him shape you again. Let Him be close. Let Him restore you to live fully, from renewed strength.

Chapter 3: Walking in Daily Overflow

Overflow is not abundance based on circumstances—it is abundance anchored in God. Jesus said, “My cup overflows” (Psalm 23:5). Overflow is the natural result of a life rooted in Him. It is when your peace is greater than your pressure, your hope rises stronger than your fear, and your joy becomes deeper than your circumstances. Overflow does not mean everything is perfect. It means God’s presence fills the empty places. He becomes your source and sustainer. John 7:38 promises, “Whoever believes in Me... rivers of living water will flow from within them.” Overflow is a river, not a puddle. It moves, nourishes, carries, and brings life to others. You were not created to live drained. You were created to pour from what God pours into you. As He fills you, your life becomes a testimony—reflecting His goodness, strength, and faithful love.

Reflection: Anchored in Overflow

Take a deep breath. Let your soul settle.

- Where have you been living from depletion instead of overflow?
- What pressures have tried to eclipse your peace?
- Can you name the places where God's presence has gently filled what felt empty?

Let this be your moment to realign:

- Write a prayer of anchoring: "Lord, root me in You—my source, my sustainer."
- Declare a truth: "I was not created to live drained. I was created to overflow."
- Ask yourself: "What does it look like to pour from a place of fullness today?"

Overflow is not a puddle—it is a river. It moves through you, nourishes you, and brings life to others. Let Him fill you again. Let your life reflect His goodness. Let your testimony flow

Chapter 4: Embracing Spirit-Led Living

A Spirit-led life is a surrendered life. It is choosing God's voice above the loudness of the world. Galatians 5:25 says, "Since we live by the Spirit, let us keep in step with the Spirit." Walking with the Spirit means we don't rush ahead, we don't lag behind—we walk in step with Him. Being Spirit-led means listening, discerning, and obeying even when you don't understand the full picture. The Holy Spirit is not a distant force; He is your Helper, Comforter, Advocate, and Guide. He gives wisdom when you feel uncertain, strength when you feel weak, and direction when you feel lost. As you cultivate sensitivity to the Spirit, you begin to live with clarity, peace, and holy confidence. You realize you are never walking alone. The Spirit leads you into purpose, healing, and deeper intimacy with God.

Reflection: In Step with the Spirit

Find a quiet space. Breathe slowly. Let your heart become still.

- Where in your life have you been rushing ahead—or lagging behind—God’s leading?
- What voices have been louder than His lately?
- Can you recall a moment when the Spirit gently nudged you, even when you didn’t understand the full picture?

Let this be your moment of surrender:

- Write a prayer of alignment: “Holy Spirit, help me walk in step with You.”
- Declare a truth: “I am not alone. I am guided, comforted, and strengthened by Your presence.”

- Ask yourself: “What does Spirit-led living look like in my decisions, my pace, and my posture today?”

You don't have to figure it all out. You only need to follow the One who sees the whole path. Let Him lead. Let Him whisper. Let Him walk with you into healing, purpose, and peace.

Closing Blessing & Prayer

Beloved daughter of God,

May you walk forward refreshed in spirit, restored in soul, and overflowing with grace.

May the Holy Spirit whisper truth into your heart, guiding your steps with wisdom and peace.

May Jesus, your Savior and Friend, strengthen you with courage for the journey ahead—reminding you that you are never alone, never forgotten, and always held.

May the Father wrap you in His unending love, covering every wound, every worry, and every weary place with His healing presence.

May you rise each day with holy confidence, anchored not in circumstances, but in the faithfulness of God. May your life reflect the beauty of restoration, the power of surrender, and the joy of walking in overflow.

The Lord bless you and keep you.

The Lord make His face shine upon you and be gracious to you.

The Lord lift up His countenance upon you and give you peace (Numbers 6:24–26).

~Amen.

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