

Lower Your Bucket

Have you ever had one of “those days” or maybe one of “those weeks” where you found yourself constantly reacting selfishly to people and circumstances? After responding hurtfully to others we may find ourselves wanting to apologize or wishing we could go back in time and react differently. Some people may feel unable to cope with their situations based on strong emotional turmoil or mental anguish. Our thoughts and emotions can act as forces that try to press us into expressing something other than Christ. A thought or emotion stirs from within, pushing forward reactions soiled with selfishness and strife. These “surface waters” of our thoughts and emotions can feel like the only available option to us from which to draw our responses. But that is simply not true!!! God made us wells. That’s right, you are a well. And our wells go much deeper than most of us realize.

The surface of a well is in close proximity and physical contact with the land above the well. If there are shallow waters at the top of the well, these waters could become contaminated from contact with animals, dirt, and other external elements from its surroundings. But the sweet, crystal clear water that is uncontaminated by the “earth” is found deep within the well, far beneath the surface. In order to access that clean, refreshing water you usually have to lower a bucket deep down into the well.

The physical example of a well is a wonderful picture of how God made us. We are made up of more than the murky waters of our stressed out souls. God put the Life of His Son in us. Within our deepest core dwells the very Spirit of Christ. He dwells in us as rivers of Living Waters (Jn 7:38). Many times our emotions and thoughts are like waters at the surface of the well. Until Christ is formed in us, our souls are easily moved by earth situations, becoming contaminated with the “dirt” of our flesh responding to temporal things. It can be easy to have “surface reactions” from these dirty shallow waters that defile others.

We must learn to “lower the bucket” until it reaches the crystal clear waters of Christ within! Once we have reached His Living Waters, we can pull that bucket up and pour out God’s love to others instead of our offensive reactions! Rather than defiling those around us, we can wash them with God’s Living Waters. Rather than being pressed to respond selfishly by fleshly emotions and thoughts, we can press past those surface waters and lower our bucket until it reaches the Life-giving Waters of Christ. Despair may be stirring on the surface, but deep within is a river of Life. Our true identity is not found in our ever changing feelings, but in our oneness with Christ. **God is in us** and we shall not be moved, even when the surface waters shake the very mountains into the sea! *“Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea. Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah. There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in her; she shall be moved (Psalm 46:2-5).”*

We are joined to something higher than ourselves (Christ our Risen Head), and we have a Source in us that is deeper than our own resources (Christ our Life). Rather than reacting according to what we see by how we feel, we can pursue the Lord’s view and draw forth from His life within. Being hasty can cause us to simply just react in a situation. May we “lower the bucket” deeper and deeper until we hit the pure waters of Christ in us, drawing forth only from His living waters instead of the polluted waters of our own opinions, thoughts, and emotions. May we bathe those around us with the Spirit of Christ as we draw forth His nature from deep within.

