



Cup Us

WEEK 4

Well-Watered

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Isaiah 58:11 NIV


In Genesis we read that “Lot lifted his eyes and saw that the Jordan Valley was well watered everywhere like the garden of the LORD...”. In Psalm 23 the Psalmist writes, “...my cup overflows...”, and in the Gospel of John, Jesus proclaims, “...whoever believes in Me will never thirst.” Even Revelation speaks of this living water in 7:17. From the beginning to the end, being well-watered is associated with growth, fruitfulness, strength and resilience. All these I long for and receive as I put my hope in Jesus. Daily I go before Him and lift my cup in prayer, praise, and worship and find refreshment for the journey.

In our verse of the week we read that the Lord will give us water when we are dry. I have a plant that I enjoy more than others because it droops when it lacks water. When I give this plant a drink of water, it responds positively, lifting its leaves up high. I see myself in this plant. There are times I need replenishing and the Lord showers me with His love. He never fails to restore my strength. I have learned that being closely connected to Him is key in receiving all He pours out graciously. When we plant ourselves near Him and allow our roots to grow deep and deeper, God “...will guide [us], giving [us] water when [we] are dry and restore [our] strength. *[We] will be like a well-watered garden...*” (Isaiah 58:11)!

Often, we feel depleted, weak, and less than when we face challenges and walk through the hard circumstances. During these times, we can trust God’s divine guidance to lead us through all adversity and strengthen us as we follow Him. He has a continuous and reliable track record, unlike me with my plants.

Within our verse of the week we find two opposing descriptions: The Well-watered garden and the Sun-scorched land. How is it possible to be well-watered in the Sun-scorched land? We must remember to stay in God’s Word, be in prayer, and link arms with other believers. As we do, we will find the Lord is faithful to supply all we need and water us well from the abundance of blessings He pours over us!

blessings, jodie b

A person wearing a light green t-shirt and a tan apron is watering plants in a garden. They are holding a grey watering can and pouring water onto the foliage. The background is a soft-focus garden with green plants and flowers.

The LORD will guide you
continually, giving you
water when you are dry
and restoring your
strength. You will be like a
well-watered garden, like
an *ever-flowing* spring.

ISAHIAH 58:11 NLT

Writing practice

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle, bottom) for text entry.

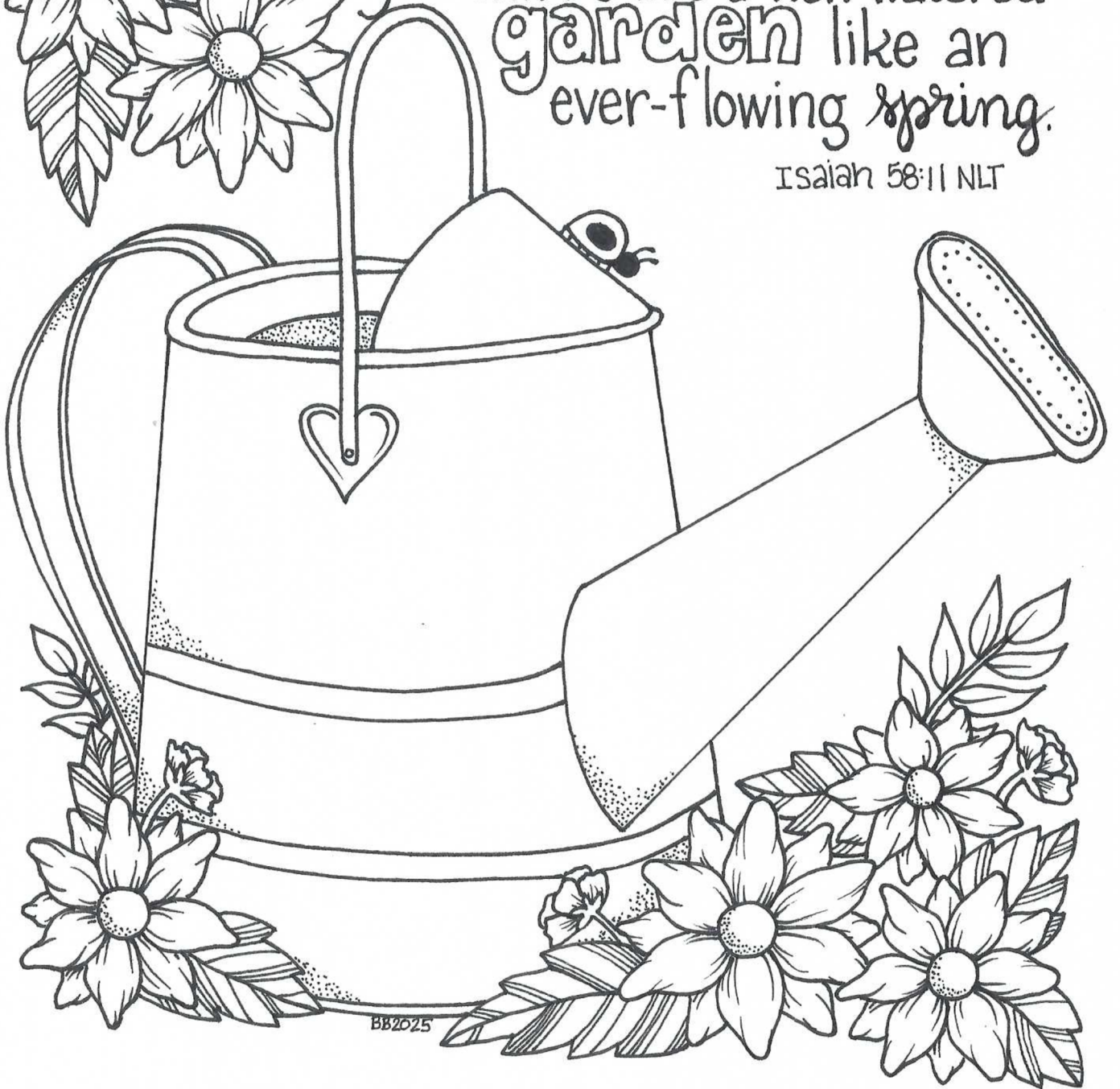


Choose your favorite translation & write it out!



The LORD will
guide you continually
giving you water when you are
dry and restoring your strength.
You will be like a well-watered
garden like an
ever-flowing spring.

Isaiah 58:11 NLT



Well-watered!

The LORD will always guide you: This phrase emphasizes God's continual guidance and presence in the life of the believer. In the context of Isaiah, the Israelites were often led by God through the wilderness, as seen in [Exodus 13:21-22](#), where God guided them with a pillar of cloud by day and a pillar of fire by night. This promise of guidance is not just for physical journeys but also for spiritual direction, as seen in [Psalm 32:8](#), where God promises to instruct and teach in the way one should go. The assurance of God's guidance is a recurring theme throughout Scripture, highlighting His role as a shepherd to His people ([Psalm 23:1-3](#)).

A spring with unfailing waters represents continuous refreshment and renewal. In the ancient Near East, water was a vital and often scarce resource, making a reliable spring a symbol of life and sustenance. This imagery is fulfilled in Jesus Christ, who offers living water to those who believe in Him, promising that they will never thirst again ([John 4:14](#)). The unfailing nature of the spring underscores the eternal and unchanging nature of God's provision and care for His people.

Slowly journal your thoughts about each section of the scripture.



The LORD will guide you continually

giving you water when you are dry

and restoring your strength.

You will be like a well-watered garden

like an ever-flowing stream.



Isaiah 58:11

Fill my cup, Lord.



Keep your Cup Up!

Connect with us:

Facebook: [faithfullyfollowingministries](#)

Instagram: [faithful2follow](#)

Blog: [faithfullyfollowingministries.org](#)

