

Our Spiritual Need for Truth & Our Physical Need for Water

When water—pure, clean water—is mentioned in the Word, it symbolizes truth. This is because truth does similar things for the mind and spirit that water does for our physical body. We need to drink water to keep our bodies healthy. Without water, people can only survive for a few days. And we need truth to help us distinguish between right and wrong. So the Lord makes sure that people have enough truth. Here is what the Lord says about the “water” that He gives people.

“Whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life” (John 4:14).

Drinking the water that the Lord wants to give us is learning the truths of the Word and using them in our lives. Another way we use water is for cleansing ourselves. Truth can do the same thing for our minds.

“Wash yourselves, make yourselves clean; put away the evil of your doings from before My eyes. Cease to do evil, learn to do good...” (Isaiah 1:16-17).



Truth can help us see evil for what it is and turn us away from doing what is wrong. The Heavenly Doctrine tells us more about this.

Truths are symbolized by the waters of a fountain, the waters of a river, the waters of rain, and the waters of washings in time past, and the waters of baptism at this day. Truths purify a person’s soul from uncleanness as waters do his body (see *Coronis* 34).

When it rains or you see the clear water of a lake or a river, think about water picturing truth and what it does for us. When you quench your thirst with a glass of water, think about how hard it would be for us to survive without water or the truth it symbolizes.