**Sunday 5th July**

Jeremiah 17: 7, 8

But blessed is the one who trusts in the Lord,  
    whose confidence is in him.  
They will be like a tree planted by the water  
    that sends out its roots by the stream.  
It does not fear when heat comes;  
    its leaves are always green.  
It has no worries in a year of drought  
    and never fails to bear fruit.”

Yesterday morning we walked by the river at Wimborne. It is such a blessing to have this beauty so close to where we live. As the River Stour snakes its way towards the coast, it is a constant source of life – with trees and other plants flourishing on its banks, and attracting lots of other wildlife.

We return this morning to a theme that has arisen many times in the last months: how trusting the Lord enables us to weather tough times. In this passage, Jeremiah paints a picture of a flourishing ecosystem, the source of which is a stream. Jesus said that his followers would know streams of living water welling up within them. As we put our trust in Jesus, as we stake our lives on Him, so we are inhabited by this life-giving stream that never runs dry. His Spirit brings life. When trouble and hardship come, we are still able to be fruitful because of that river of life. The idea is that life-giving water overflows from us to others, bringing a whole vibrant ecosystem fuelled by the Presence and love of God.

*Lord Jesus, thank you for your promise of streams of living water welling up within us, by which you mean the Holy Spirit. Lord help us to put our trust in you, so that we are constantly refreshed and revived by you. As we abide in you, we ask that others would be attracted to the life that they see and want to know you too. We pray that we would so overflow with your Presence that we will bring transformation wherever we go.*

*On this 70th Anniversary of the NHS, we give thanks for the blessing of readily available healthcare for all people in this nation. We thank you for those who work with such commitment to bring healing: for cleaners, administrators, decision makers, nurses, doctors, paramedics, porters, receptionists, midwives and caterers. We recognise that you are the great Healer and ask that you would inspire and equip them and sustain them with your goodness. In Jesus Name. Amen*

