



Mastermind Onsite  
November 20-22, 2025  
Palm Springs  
Stay Hydrated - Drink Lots of Fluids

**Spiritual**

John 4: 7-14

There \*came a woman of Samaria to draw water. Jesus \*said to her, “Give Me a drink.”<sup>8</sup> For His disciples had gone away into the city to buy food.<sup>9</sup> Therefore the Samaritan woman \*said to Him, “How is it that You, being a Jew, ask me for a drink since I am a Samaritan woman?” (For Jews have no dealings with Samaritans.)<sup>10</sup> Jesus answered and said to her, “If you knew the gift of God, and who it is who says to you, ‘Give Me a drink,’ you would have asked Him, and He would have given you living water.”<sup>11</sup> She \*said to Him, “[b]Sir, You have nothing to draw with and the well is deep; where then do You get that living water?<sup>12</sup> You are not greater than our father Jacob, are You, who gave us the well, and drank of it himself and his sons and his cattle?”<sup>13</sup> Jesus answered and said to her, “Everyone who drinks of this water will thirst again;<sup>14</sup> but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life.”

**Commentary**

Jesus meets a Samaritan woman at the well in [John 4:7-14](#). This encounter is rich with symbolism and a powerful message that transcends boundaries of culture and prejudice.

First, in verse 7, we see Jesus asking the woman for a drink of water. This simple request sets the stage for a dialogue that goes much deeper than just physical thirst. Jesus, being fully aware of the woman’s past and her current struggles, uses this interaction as an opportunity to offer her living water. The conversation shifts from the physical realm to the spiritual realm, highlighting Jesus’ ability to look beyond societal norms and engage with individuals on a personal level. The woman is surprised that Jesus, a Jew, would speak to her, a Samaritan and a woman, as the dialogue progresses. The animosity between Jews and Samaritans was deeply rooted in historical and cultural differences. But Jesus breaks through these barriers, showing love and compassion to someone, who society deemed unworthy. This displays Jesus’ mission to reach out to all people, regardless of their background or social status. It is a powerful reminder that God’s grace is available to everyone, no matter their past or present circumstances.

When Jesus speaks of the “living water” he offers, he is referring to the eternal life that comes from knowing Him. This living water is a symbol of the Holy Spirit, who quenches our spiritual

thirst and brings true fulfillment. Jesus offers this gift freely to the woman, emphasizing that it is not based on her merit or achievements, but on God's grace and love. It is a reminder of the invitation extended to all of us to come to Jesus and find true satisfaction in Him. Jesus explains in verses 13-14 that whoever drinks of the water He gives will never thirst again but will have a well of water springing up to eternal life. This promise echoes throughout the Bible, pointing to the transformative power of God's love and the eternal life that comes through faith in Christ. Just as physical water sustains our bodies, the living water Jesus offers sustains our spirits and provides an everlasting source of hope and salvation. God's encounter with the Samaritan woman at the well is a profound example of His unconditional love and His desire to bring salvation to all people. It challenges us to break down barriers of prejudice and judgment, and to reach out to others with the same compassion and grace that Jesus showed. Through this passage, we learn that true fulfillment comes from a relationship with Christ and that His love knows no bounds.

Rev. Michael Johnson

## Practical

### 5 Reasons for the Importance of Water

- **Sustaining Life:** Water is essential for the survival of all living organisms, supporting various biological and physiological functions.
- **Supporting Ecosystems:** Water bodies and wetlands are crucial for maintaining ecological balance and supporting biodiversity.
- **Agricultural Productivity:** Water is vital for irrigation and livestock, ensuring food security and supporting rural economies.
- **Industrial Processes:** Industries rely on water for manufacturing, cooling, and waste disposal, making it essential for economic development.
- **Public Health:** Access to clean and safe drinking water is fundamental for health, preventing waterborne diseases, and ensuring overall well-being.

## Physical

### Hydration

The dry desert atmosphere is going to suck the water out of you in every which way. Your body will need plenty of water for hiking just to meet its basic needs, but you will be losing plenty of water to sweat and even breathe. The dry air around you literally act like a sponge, drawing the water out of you as you don't even realize it. The actual amount of water for hiking you will need to drink will vary greatly but it will be directly related to the following factors: level of exertion, time spent outside, outside temperature, and humidity. But when the temperatures are hitting the 90s during the day, the average desert hiker or backpacker should expect to require about 6 to 8 liters per day for a 6 to 8 hour day of [desert hiking](#).

## Symptoms of Dehydration

Dehydration symptoms can sneak up on you, which is why staying hydrated is discussed so much by hikers and backpackers alike. Dehydration safety tips are vital to understand before heading into the wild. One of the earliest signs of dehydration is irritability. Your grumpy hiking buddy who usually loves to crush mile after mile on the trail is just not their cheerful self. They're quiet, slow to respond, and just not a whole lot of fun. As the dehydration intensifies, many hikers may feel unusually fatigued, muscle weakness, and unwilling or even unable to move. Severe dehydration can progress rapidly to heatstroke, with symptoms that include confusion, lack of sweating, extremely red (flushed) complexion, rapid heartbeat, extreme dry mouth, and delirium. Heatstroke is an immediate threat to life and must be addressed rapidly with aggressive cooling.

When hiking or backpacking in the heat of the desert Southwest, it is imperative to stay properly hydrated and well-nourished in order to keep your body operating as effectively and efficiently as possible. Plan properly for your adventure by checking the weather, hiking at strategic times of day to avoid the midday heat, packing plenty of food and water, and then eating and drinking regularly. These basic preparations will leave feeling secure and safe and help ensure that you experience nothing but good times during your adventure.

### How Much Water Is Enough?

So how much water is enough for hiking? For an average day hike in desert conditions, you should plan how much water to bring based on intensity and temperature. In general, 1 liter per hour is a solid baseline. That means how much water to bring on a hike lasting 5 hours is about 5 liters.

If you're doing day hikes, it's often easier to manage your pack water supply and reduce your pack weight. On backpacking trips, knowing how much water per day backpacking requires depends on access to water sources, and carrying water packs for hiking or a hydration bladder is key.

## Business application

1. **What does the statement 'Stay Hydrated-Drink Lots of Fluids' mean to you regarding your business now and in 2026?**
  
  
  
  
  
  
  
  
  
  
2. **What are/will be the signs of your business being hydrated in 2026?**

3. **What are the fluids you will need to drink for your business to be hydrated in 2026?**
  
4. **Currently, is your business hydrated or dehydrated? What are the signs either way?**
  
5. **Applying the 5 Importances of water, how does your hydrated business impact: sustaining life, supporting clients/staff, productivity, processes, health?**

#### **Personal application**

1. **Spiritually, would you say you are hydrated or dehydrated? What are the signs either way? What would you like to change in 2026?**
  
2. **Regarding your marriage, would you say you are hydrated or dehydrated? What are the signs either way? What would you like to change in 2026?**
  
3. **Regarding your family, would you say you are hydrated or dehydrated? What are the signs either way? What would you like to change in 2026?**
  
4. **Regarding your finances, would you say you are hydrated or dehydrated? What are the signs either way? What would you like to change in 2026?**

5. **Regarding your fitness, would you say you are hydrated or dehydrated? What are the signs either way? What would you like to change in 2026?**