



## Stay in the River

**B**e healed. Be refreshed.

*Imagine the waves flowing, the rhythm of the water. Plunge in. Be refreshed. Be restored.*

*It is flowing. It is moving. It is cool and refreshing — it is everything you want and need.*

*Life restores. Life renews. Life repels and destroys death. What will you throw into it — the River of Life? What will you throw into my hands?*

*How are you hurting? What problems do you have? How are you curious and hungry? How do you want more — more Life, more hope, more love, more Me?*

*In what capacities and places of your heart do you need Me? Your problems, aches, questions, fears—must be thrown into the River, thrown into Me.*

*Be here, in the River. Let it wash over you. Stay here. Stay with Me.*

Take a deep breath, dear one. Close your eyes. Take a few more deep breaths.

Can you tuck away to a quiet place now for 30 minutes? Can you let your hands fall at your sides, coax your feet to stop moving?

Yes, close your eyes. Together, let us relax; let us consecrate our minds, hearts, and bodies to God. Let us surrender everything we are holding — emotionally, spiritually, and physically. Now, from that place of quiet, let's bring everything to Him:

*Father, Jesus, Holy Spirit, thank you that you are here with me. I invite you in, even deeper, into my heart, my mind, and my soul. I consecrate my whole self to you.*

Pause here for a few moments with your eyes closed — breathing deeply and evenly, feeling the air, deep in your lungs.

Inhale through your nose and exhale through your mouth.

*Father, Jesus, Holy Spirit, I surrender...* (Name specifically and surrender every idea, every project, every preoccupation, every relationship to God now.)

Next, read the following excerpt from Revelation: 22:1-6 a few times, using the suggestions for Lectio Divina, below, as a guide.

**1. Read:** Read the passage below slowly. There's no hurry here. Read it again if you need to. Listen for the word, phrase, or image that seems to shimmer — the one that stirs something in you, catches your breath, or simply won't let you go. Maybe it's the river, the light, the fruit, the face of God. Let one thing rise to the surface.

**2. Meditate:** Stay with that word or phrase. Turn it over in your heart like something precious. Let it speak to your longing, your weariness, your hope. Where in your life do you need healing — or light — or hope? You don't need to figure anything out. Just let it resonate and settle.

**3. Pray:** Now respond. Talk to God — honestly, personally, however the words come. Thank Him for what He has promised. Ask Him to let you taste it, even now. Tell Him what you're feeling.



This is a real conversation. Trust it. Feel free to get out your journal here and write down your conversation with Him.

**4. Contemplate:** Let go of words now. Simply be still in His presence — the One who is the light, who needs no lamp, who shines. You don't have to do anything here. Just rest in Him, and receive. Let Him hold you here.

#### Revelation 22:1-6

1 Then the angel showed me a river with the water of life, clear as crystal, flowing from the throne of God and of the Lamb. 2 It flowed down the center of the main street. On each side of the river grew a tree of life, bearing twelve crops of fruit, with a fresh crop each month. The leaves were used for medicine to heal the nations.

3 No longer will there be a curse upon anything. For the throne of God and of the Lamb will be there, and his servants will worship him. 4 And they will see his face, and his name will be written on their foreheads. 5 And there will be no night there—no need for lamps or sun—for the Lord God will shine on them. And they will reign forever and ever.

6 Then the angel said to me, “Everything you have heard and seen is trustworthy and true. The Lord God, who inspires his prophets, has sent his angel to tell his servants what will happen soon.”

Return now to the words Holy Spirit spoke to us at the opening of this encounter and draw a sketch as a response.

- What do you see, in your imagination — in your heart — as He speaks to you these words? How do you respond? *Let Him hold you here, in the River, where there is no night and no need.*

Finally, consider contemplating the following lyrics to “Stay in the River,” by Kristene DiMarco: [Spotify](#) | [YouTube](#)

#### Stay in the River, by Kristene DiMarco

My heart's been a stone  
All my edges sharp as broken bones



But I've been baptized and this river wants my life

And oh my soul, stay in the river  
 Stay under the water, let it run over you  
 And soften the whole way through  
 He is the river and His kindness is the water  
 Let it run over you

Lord I surrender to however long I'm under  
 The longer that I'm here, the less I wonder  
 How much You love me

And oh my soul, stay in the river  
 Stay under the water, let it run over you  
 And soften the whole way through  
 He is the river and His kindness is the water  
 Let it run over you, let it change you

Here I am, have Your way  
 I am not afraid  
 I'm confident it's Your friendship  
 That does things this way

Here I am, have Your way  
 I am not afraid  
 I'm confident it's Your friendship  
 That does things this way

Here I am, have Your way  
 I am not afraid  
 I'm confident it's Your friendship  
 That does things this way

Here I am, have Your way  
 I am not afraid  
 I'm confident it's Your friendship  
 That does things this way

And oh my soul, stay in the river  
 Stay under the water, let it run over you  
 And soften the whole way through  
 He is the river and His kindness is the water  
 Let it run over you



Let it change you the whole way through

**What work does He want to do in you if you stay?** This is a question worth pondering. And the good news is, we don't have to sit with it alone. He is right there, in the River, with us. Bless you, dear one.

Amen.

Worship Ideas:

- "River," Ellie Holcomb  
[Spotify](#) | [YouTube](#)

- "Cathedral," Jonathan and Mellisa Helser  
[Spotify](#) | [YouTube](#)

- "Leave It All," Iron Bell Music  
[Spotify](#) | [YouTube](#)

"Let Me Love You More," 7 Hills Worship, Kingdom Culture Music  
[Spotify](#) | [YouTube](#)

