

THE

WELL-WATERED

SOUL



JAN 18, 2026

The Well-Watered Soul: Restoring Foundations and Repairing the Breach

Text: Proverbs 11:25 NKJV *The generous soul will be made rich, And he who waters will also be watered himself.*

Isaiah 58:10b ---

- *then shall thy light rise in obscurity, and thy darkness be as the noon day:*
- *11 and the LORD shall guide thee continually,*
- *and satisfy thy soul in drought, and*
- *make fat thy bones: and*
- *thou shalt be like a watered garden, and like a spring of water, whose waters fail not.*
- *12 And they that shall be of thee shall build the old waste places:*
- *thou shalt raise up the foundations of many generations; and*
- *thou shalt be called, The repairer of the breach,*
- *The restorer of paths to dwell in.*

Introduction: We Need His Refreshing! We often operate out of a mundane daily routine. While our soul feels dry, brittle, and broken. God promises:

Act 3:19 NLT *Now repent of your sins and turn to God, so that your sins may be wiped away. 20 Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah.*

The work of the Holy Spirit. God does not just want to forgive our past; He wants to saturate our present. "**Refreshing**" literally means a "recovery of breath." **It is the Spirit of God breathing life into a tired soul.**

Jeremiah 31:12 NLT *They will come home and sing songs of joy on the heights of Jerusalem. They will be radiant because of the LORD's good gifts, the abundant crops of grain, new wine, and olive oil, and the healthy flocks and herds. Their life will be like a watered garden, and all their sorrows will be gone.*

Psalms 46:4 NLT *A river brings joy to the city of our God, the sacred home of the Most High.*

Isaiah 44:3 ESV *For I will pour water on the thirsty land, and streams on the dry ground; I will pour my Spirit upon your offspring, and my blessing on your descendants.*

John 7:37 ESV *On the last day of the feast, the great ay, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. 38 Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" 39 Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.*

I. The Condition: Moving from Dryness to the Garden (Isaiah 58:6-11)

Isaiah 58:6 *Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? ----9b If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; 10 and if thou draw out thy soul to the hungry, and satisfy the afflicted soul*

A. Do you have walls in your life and family?

- The Command V7: "Do not hide yourself from your own flesh."

"Hiding" is withdrawing into work, hobbies, phones, or even ministry to avoid the mess in family relationships.

B. **The condition:** You cannot have a "well-watered garden" in your soul if you are nurturing a desert in your living room. A true walk with God begins with the people who see you at your worst.

C. The Surgery: (v. 9): Removing the "Yoke" and "Pointing Finger"

To restore family relationships, the "fast" requires removing three domestic toxins:

- **The Yoke:** Identifying and stopping the "control" or "unnecessary burdens" we place on spouses or children.
- **The Pointing of the Finger:** Ending the culture of blame and accusation. Restoration starts when we stop pointing at their faults and start looking at our own heart.
- **Speaking Vanity/Wickedness:** Repenting of harsh words, sarcasm, and the "silent treatment" that creates breaches in the home.

D. His Healing: (v. 10): Practical Irrigation of the Home

- **"Draw out your soul":** Godly restoration requires "drawing out" your soul to the hungry: starting with the emotionally hungry under your own roof.
- **Active Listening:** Giving your family your presence, not just your proximity.
- **The Promise of Light:** *"Then your light shall rise in the darkness."* When you stop hiding from your family, the "gloom" of the household lifts.

E. God Promises:

- **God's Guidance:** *"The Lord will guide you continually..."* We aren't left to find our own way back to health.
- **His Satisfaction in Drought:** *"...And satisfy your soul in drought, and strengthen your bones."*
- **The work of the Holy Spirit:** Even when the economy, the culture, or your family life feels like a "drought," the Spirit provides an internal supply that isn't dependent on external circumstances.
- **His Well-Watered Garden:** *"You shall be like a watered garden, and like a spring of water, whose waters do not fail."*
- **Application:** A garden is productive, beautiful, and peaceful. When you are watered by the Spirit, you stop struggling to survive and start beginning to bloom and thrive.

F. Your Mission: Repairing and Restoring (V12)

Once we are watered, God gives us a mandate to look outward at the "old foundations."

- **Repairing the Breach:** A "breach" is a gap in a wall that lets the enemy in. In 2026, stop the breaches in our families often caused by neglect, trauma, or ungodliness.
- **Raising Up the Foundations of Many Generations:** This is the "Legacy" aspect. When you restore your relationship with your "own flesh," you are not just fixing a fight; you are rebuilding a foundation that your children and grandchildren will stand on.
- **Restoring Streets to Dwell In:** Creating a home environment that is peaceful and "livable," where family members actually want to be present.
- **Your New Identity:** *thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.*

G. How to Receive

- **Alignment (The Isaiah 58 Fast):** Shifting from "doing church" to "being the church" loosening the bonds of wickedness and reaching out to the oppressed.
- **Practice His Presence (Acts 3:19):** Refreshing only comes from **"the presence of the Lord."** It cannot be manufactured by music or programs. It requires a deliberate "turning" toward His face. **Drink in His Holy Spirit – John 7:37**

- **Radical Abandonment You Surrender:** Let the Spirit of God pour out or irrigate the hard soil of your heart. Healing for "broken bones" starts with the water of the Word and the Spirit.

II. Call to Action

- **The Vision:** See your life, your family, and this church as a "spring whose waters do not fail."
- **The Invitation: Come to the altar** for forgiveness, and **His Refreshing – His Outpouring**
- **Prayer:** "Lord, I receive Your time of refreshing. Heal the breach in our homes. Restore the foundations of our faith. Make us a well-watered garden for Your glory as you pour out your Spirit. In Jesus Name Amen."
- **Proclaim Your Position:** I am filled with your Spirit and obedient to your word! I repair every break down and restore the paths for all to walk in Your ways, in the Name of Jesus."

Worship God with the FIRST! First-Fruits + First Tenth

Proverbs 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding. **6** In all thy ways acknowledge him, and he shall direct thy paths. **7** Be not wise in thine own eyes: fear the LORD, and depart from evil. **8** It shall be health to thy navel, and marrow to thy bones. **9** Honour the LORD with thy substance, and with the firstfruits of all thine increase: **10** So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.

- Today give Him your entire first of:

Your entire income, or month's pay, or weeks pay, or day, or hour but today Give Him Your First-Fruit!

- Today commit for the rest of this year the First tenth of all income to the Lords.

Malachi 3:10 Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. **11** And I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field, saith the Lord of hosts. **12** And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts.