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B	ENEFITS OF DRINKING WATER		
1.	Maximises physical performance.		
2.	Affects energy levels and brain function.		
3.	Helps prevent and treat headaches.		
4.	Helps with digestion.		
5.	Helps kidney function.	1 mg	
6.	Prevents hangovers.		
7.	Helps with weight loss.		
		6	

1. THE RIVER OF PEACE

²⁶ But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

²⁷ Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

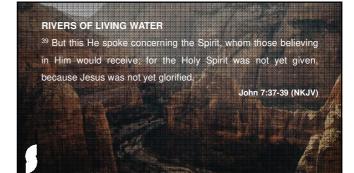
 THE RIVER OF PEACE
 Helper/Comforter (Gr. Parakletos): one who comes along side, also called Counselor, Intercessor, Advocate, Strengthener and Standby.
 Spirit of Truth/Teacher: wisdom, understanding, counsel, and knowledge.

RIVERS OF LIVING WATER

³⁷ On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink.
³⁸ He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."

John 7:37-39 (NKJV)

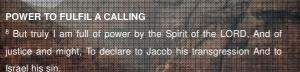
John 14:26-27 (NKJV)



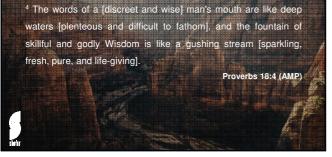




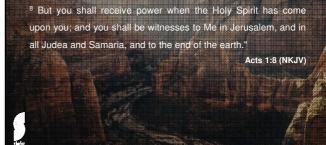








1. THE RIVER OF PEACE



THE EVER-FLOWING RIVER

¹ Then he showed me the river of living water, sparkling like crystal, flowing from the throne of God and of the Lamb ² down the middle of the broad street of the city. On both sides of the river was the tree of life bearing 12 kinds of fruit, producing its fruit every month. The leaves of the tree are for healing the nations,

Revelation 22:1-2 (HCSB)