

A composite image featuring a man in profile on the left, looking out a window. The background is a blue-tinted aerial map of a city. A large, semi-transparent circular graphic with diagonal stripes is positioned on the left side, partially overlapping the man and the map. The text "Sit of Hardloop" is centered in white.

Sit of Hardloop

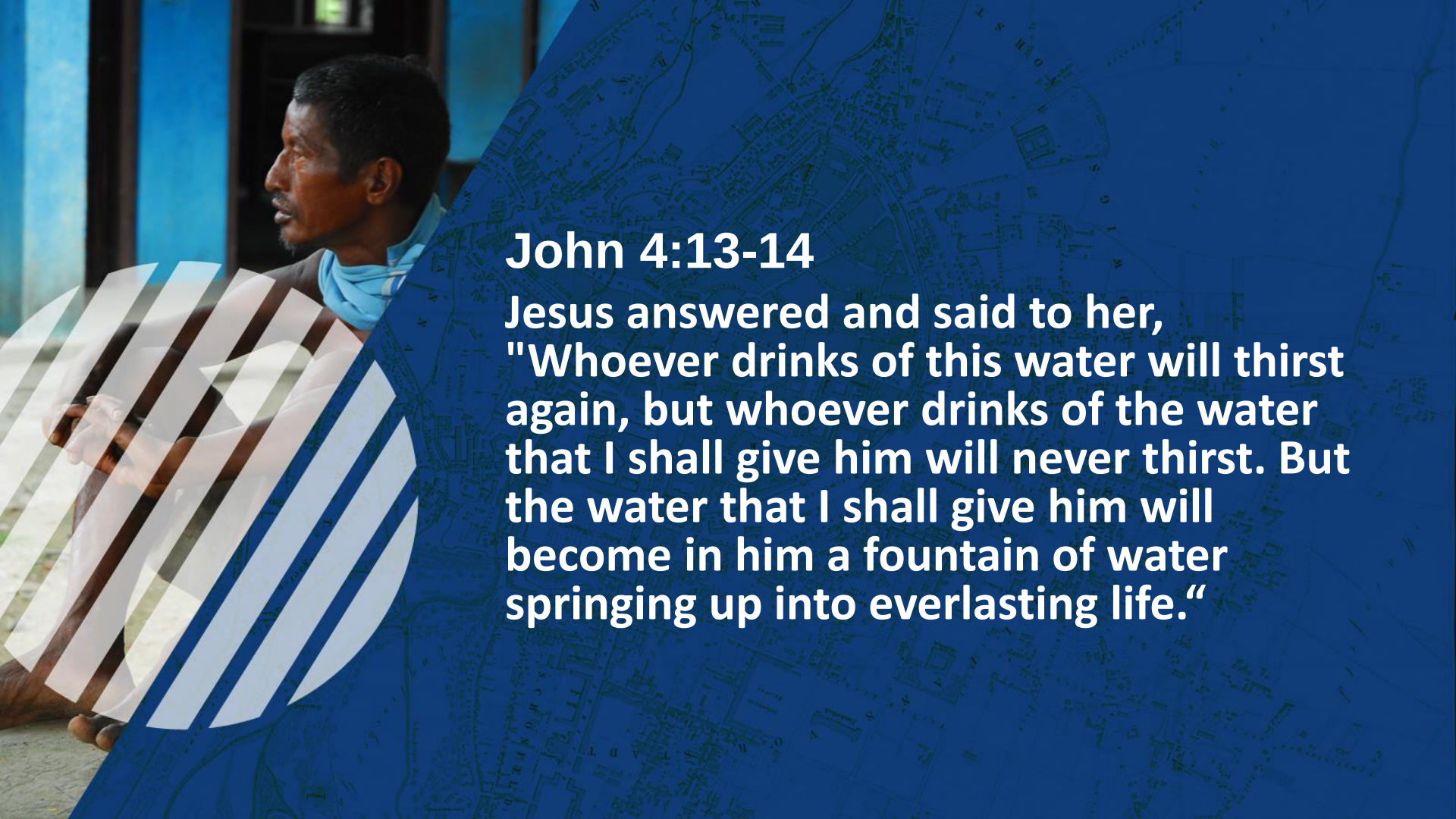
A man with a beard and a blue scarf is sitting on a bench, looking out a window. The background is a blue map of a city. A large, semi-transparent graphic with white and blue diagonal stripes is overlaid on the left side of the image. The text "Sit or Run" is centered in white.

Sit or Run

A man with dark skin and a light blue shirt is shown in profile, looking out of a window. The background is a deep blue with a faint, light-colored map overlay. A large, semi-transparent circular graphic with diagonal white and blue stripes is positioned on the left side of the image, partially obscuring the man.

John 4:13-14

Maar Jesus antwoord haar: “Elkeen wat van hierdie water drink, sal weer dors kry; maar wie van die water gedrink het wat Ek hom sal gee, sal in alle ewigheid nooit dors kry. Nee, die water wat Ek hom sal gee, sal in hom n fontein wees met water wat opborrel en vir hom die ewige lewe gee.

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John 4:13-14

Jesus answered and said to her,
"Whoever drinks of this water will thirst
again, but whoever drinks of the water
that I shall give him will never thirst. But
the water that I shall give him will
become in him a fountain of water
springing up into everlasting life."

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Sit

- Joh 4:13-14
- Almal het water nodig om te oorleef
- Almal word geroep na die “fontein”

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Sit

- Joh 4:13-14
- Everybody needs water to survive
- All are called to the fountain

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Sit te lank...

- Self-gesentreerd
- Kan nie identifiseer met ongelowiges
- “Insensitive to age appropriate behavior”
- Hoorders en nie Doeners

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Sit too long...

- Self centered
- Cannot identify with non-believers
- Insensitive to age appropriate behavior
- Hearers and not Doers

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Sit

- Fonteine van lewende water
- Wie ook al dors is
- Krag van getuienis
- Verwerping van die “middel”

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Sit

- Fountain of Living waters
- Anyone who is thirsty
- Power of testimony
- Discard the vessel

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Hardloop

- Joh 4:13-14
- Weg van die fontein of na die fontein
- Weg van mense of na mense

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Run

- Joh 4:13-14
- Away or towards the fountain
- Away from people or towards them

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Om te lank weg te bly van fontein...

- Bou goue kalf
- Tree op soos “survivor”
- Funksioneer in eie krag/vlees
- Nie geroep om onafhanklik te raak maar verslaaf

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To stay away to long from the fountain...

- Build golden calves
- Can only survive
- Works out of own power/flesh
- Not called to be independent but addicted

Wie is
dors in my
wereld?



*Who is
thirsty in
the world?*

