John 14:16, 17 [AMP] – And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengthened, and Standby), that He may remain with you forever— 17 The Spirit of Truth, Whom the world cannot receive (welcome, take to its heart), because it does not see Him or know and recognize Him. But you know and recognize Him, for He lives with you [constantly] and will be in you.

John 4:13, 14 – Jesus answered and said to her, “Whoever drinks of this water will thirst again, 14 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.”

• “fountain of water” – a well fed by a spring; a source or supply.
• “springing up” – i.e., gushing.
• “everlasting” – without beginning and end, that which always has been and always will be.
• “life” – ZOE; the absolute fullness of life; life real and genuine, a life active, vigorous and blessed; life as God has it.

What is He in there to do?

Titus 3:4-6 – “But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, Whom He poured out on us abundantly through Jesus Christ our Savior,”
John 16:7-11 – Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you. 8 And when He has come, He will convict the world of sin, and of righteousness, and of judgment: 9 of sin, because they do not believe in Me; 10 of righteousness, because I go to My Father and you see Me no more; 11 of judgment, because the ruler of this world is judged.

Proverbs 4:23 [NLT] – Guard your heart above all else, for it determines the course of your life.

Mark 4:24 [AMP] – And He said to them, Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear.

• The Holy Spirit is in us to help us “hear” on this level.

Isaiah 26:3 [NLT] – You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

John 7:37-39 – On the last day, the climax of the festival, Jesus stood and shouted to the crowds, “Anyone who is thirsty may come to me! 38 Anyone who believes in me may come and drink! For the Scriptures declare, ‘Rivers of living water will flow from his heart.’ ” 39 (When he said “living water,” he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory.)

• “rivers of living water” – torrents!
• Believers Bible Commentary – “… streams of help to others.”
Acts 1:8 – But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

Luke 5:36-39 – Then He spoke a parable to them: “No one puts a piece from a new garment on an old one; otherwise the new makes a tear, and also the piece that was taken out of the new does not match the old. 37 And no one puts new wine into old wineskins; or else the new wine will burst the wineskins and be spilled, and the wineskins will be ruined. 38 But new wine must be put into new wineskins, and both are preserved. 39 And no one, having drunk old wine, immediately desires new; for he says, ‘The old is better.”

Ephesians 5:18-21 – “And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, 20 giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another in the fear of God.”

• “dissipation” (Dictionary) – a process in which energy is used or lost without accomplishing useful work, as friction causing loss of mechanical energy.

I John 4:4 [New Century] – My dear children, you belong to God. So you have defeated them because God’s Spirit, Who is in you, is greater than the devil, who is in the world.