

**Here's a text if you've only got a minute...**

I shall be standing before you there. *First Reading Exodus 17:5*

Listen to his voice ... Harden not your hearts *Psalm 94*

The love of God has been poured into our hearts

*Second Reading Romans 5:5*

Anyone who drinks the water that I shall give will never be thirsty again. *Gospel John 4: 5-42*



**ANYONE WHO  
DRINKS THE WATER  
THAT I SHALL GIVE  
WILL NEVER BE  
THIRSTY AGAIN**

Does this image help me in my prayer, in my life?

**REFLECTION**

Often my needs and desires are confused. I want happiness and look in the wrong places. Lord, help me to stay close to you, to accept the Living Water you offer me, so that strengthened by this Holy Spirit I may be a channel of your love and peace to others.

Based on Prego by St Beuno's  
Outreach in the Diocese of Wrexham



**LDS**



**AMDG**  
**3RD SUNDAY IN LENT**  
**YEAR A**  
**19 MARCH 2017**



**'Anyone who drinks the water that I shall  
give will never be thirsty again'**

**OPENING PRAYER**

O God, author of every mercy and of all goodness,  
who in fasting, prayer and almsgiving  
have shown us a remedy for sin,  
look graciously on this confession of our lowliness  
that we, who are bowed down by our conscience,  
may always be lifted up by your mercy.

Today we are invited to look deep within – to examine our hearts. Our hearts are divided when we sin. God forgives us and gives us a new heart. When we pray (particularly during Lent ) and recognise God's goodness, we are drawn and empowered to show greater love.

I enter into my prayer gently, and with confidence, knowing that my Father is with me, looking on me with compassion.

I take time to look at the divisions within me. Despite my good intentions, I know that I sometimes fail to love. My desire to do good often evaporates in a cloud of selfishness.

I speak to my Father, the one who knows and loves me. I ask for the strength and courage to be honest with myself and with him. In what ways can I show your love to others Lord?

Where are the people in need of love in my home, in my street, at work, in my parish?

In your time, please show me Lord.

### FIRST READING: EXODUS 17:3-7

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' The Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

*In the wilderness, the Israelites murmured against Moses because there was no food, and God fed them with manna. They now come to a place where there is no water and question God's goodness, even God's presence. In turn, God causes water to spring from the rock to quench their thirst.*

As I begin this time of prayer, I try to become still and centred in God's presence. Slowly I read and re-read the passage, letting the word of God become rooted and planted in my heart, letting it water my roots.

I ponder the plight of the Israelites, who were 'tormented by thirst', and I think of the deserts of today's world where people are thirsting in different ways. I bring these to God, confident that God can, and will, open fountains of living water where and when we least expect them.

Perhaps God is asking me to be a bearer of life-giving water to the people or situations in my world. I ponder this and when I am ready, I express to God whatever response arises in my heart.

### GOSPEL: JOHN 4:4-42 (EXCERPT)

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' [...] The Samaritan woman said to him, 'You are a Jew and you ask me, a Samaritan for a drink?' – Jews in fact, do not associate with Samaritans. Jesus replied: If you only knew what God is offering and who it is that is saying to you, Give me a drink, you would have been the one to ask, and he would have given you living water.'

'You have no bucket, sir,' she answered, 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob, who gave us this well and drank from it himself with his sons and his cattle?'

Jesus replied: 'Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman, 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water.'

The woman is hiding from others – she goes to the well alone when no one else would be there – from herself, from the truth about herself. The woman is thirsting – for water – and also for meaning in her life. Jesus – hot, tired and thirsty – meets her; accepts her; patiently leads her to look at her real needs – her real thirst. I ask to be led into the deeper meaning of this event as I slowly read the gospel, perhaps read it several times. As I try to imagine the scene (maybe at the end of a long day for me), I may identify with the feelings of tiredness and thirsting. I pay attention to the dialogue. What is the tone of Jesus' voice? What awakens in me as Jesus looks at me and speaks to me in my tiredness, in my seeking or thirsting...What would I like him to offer me? I wait before him – trusting.