

1. Read (Seek) — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate (Find) — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray (Ask) — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate (Taste) — Be quiet before the Lord enjoying His presence. **How is God calling you to act in response to what he has shown you?**

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[1] Philippians 2:12

[2] Psalm 23: 5

[3] 1 Corinthians 10:31

[4] John 19:28

Quick Connect

What is the Gospel saying? John 4:5-42 — Pg. 1

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What is God saying to you through this passage? Page 4

Gospel Reading – John 4:5-42 – Roman Missal

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" - For Jews have nothing in common with Samaritans. - Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshipped on this mountain; but you people say that the place to worship is Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one speaking with you." At that moment his disciples returned, and were amazed that he was taking with a woman, but still not one said, "What are you looking for?" or "Why are you talking to her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Christ?" They went out of town and came to him.

Meanwhile, the disciples urged him, “Rabbi, eat.” But he said to them, “I have food to eat of which you do not know.” So the disciples said to one another, “Could someone have brought him something to eat?” Jesus said to them, “My food is to do the will of the one who sent me and to finish his work. Do you not say, ‘In four months the harvest will be here?’ I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that ‘One sows and another reaps.’ I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work.” Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, “He told me everything I have done.” When the Samaritans came to him, they invited him to stay with them; and he stayed there for two days. Many more began to believe in him because of his word, and they said to the woman, “We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world.”

Spiritual Reading – Office of Readings – Third Sunday of Lent

From a treatise on John by Saint Augustine, bishop

A woman came. She is a symbol of the Church not yet made righteous but about to be made righteous. Righteousness follows from the conversation. She came in ignorance, she found Christ, and he enters into conversation with her. Let us see what it is about, let us see why a Samaritan woman came to draw water. The Samaritans did not form part of the Jewish people: they were foreigners. The fact that she came from a foreign people is part of the symbolic meaning, for she is a symbol of the Church. The Church was to come from the Gentiles, of a different race from the Jews. We must recognize ourselves in her words and in her person, and with her give our own thanks to God. She was a symbol, not the reality; she foreshadowed the reality, and the reality came to be. She found faith in Christ, who was using her as a symbol to teach us what was to come. She came then to draw water. She had simply come to draw water, in the normal way of man or woman. Jesus says to her: Give me water to drink. For his disciples had gone to the city to buy food. The Samaritan woman therefore says to him: How is it that you, though a Jew, ask me for water to drink, though I am a Samaritan woman? For Jews have nothing to do with Samaritans. The Samaritans were foreigners; Jews never used their utensils. The woman was carrying a pail for drawing water. She was astonished that a Jew should ask her for a drink, a thing that Jews would not do. But the one who was asking for a drink of water was thirsting for her faith. Listen now and learn who it is that asks for a drink. Jesus answered her and said: If you know the gift of God, and who it is that is saying to you, “Give me a drink,” perhaps you might have asked him and he would have given you living water. He asks for a drink, and he promises a drink. He is in need, as one hoping to receive, yet he is rich, as one about to satisfy the thirst of others. He says, “If you knew the gift of God.” The gift of God is the Holy Spirit. But he is still using veiled language as he speaks to the woman and gradually enters into her

heart. Or is he already teaching her? What could be more gentle and kind than the encouragement he gives? If you knew the gift of God, and who it is that is saying to you, “Give me a drink,” perhaps you might ask and he would give you living water. What is the water that he will give if not the water spoken of in Scripture: With you is the fountain of life? How can those feel thirst who will drink deeply from the abundance in your house? He was promising the Holy Spirit in satisfying abundance. She did not yet understand. In her failure to grasp his meaning, what was her reply? The woman says to him: Master, give me this drink, so that I may feel no thirst or come here to draw water. Her need forced her to this labor, her weakness shrank from it. If only she could hear those words: Come to me, all who labor and are burdened, and I will refresh you. Jesus was saying this to her, so that her labors might be at an end; but she was not able to understand.

Sacraments of Initiation - Lesson and Discussion

“the water I give will become in him a spring of water welling up to eternal life”

What are the similarities between Jesus at the well and Jesus on the Cross? Jesus says at the well, “Give me a drink.” Jesus on the Cross says, “I thirst.”[1] At the well He shows us His thirst for the soul of one woman and for all people. On the Cross, He again shows us His thirst for each soul.

What was on the mind of Christ when He was suffering and dying?

Our souls were on Christ’s mind as he was suffering and dying. He did not call out for relief, comfort or with angry cries, but instead calls to us, calls for our soul. When He was thirsty on Calvary, we can be sure that Jesus remembered his thirst at the well and the generosity of the woman who gave him something better than a drink of water. She gave Him her soul. We can also be sure that when He was thirsty on Calvary, each offering of faith, hope and love that we make, each sacrifice, each prayer is a pleasing drop of cool water. At the well, the woman beheld a man. This man is at first a stranger to her. She then respects Him, calling Him ‘sir.’ She moves on to call Him, ‘prophet’ and then even says, “Could he possibly be the Christ?” The well is for her and for us, a process of beholding the man. Before the Passion and Death of the Cross, the first of fourteen stations, Pilate asks all of us to “Behold the Man.”[2] Upon the Cross, Jesus prays Psalm 22. “Like water, my life drains away; all my bones grow soft. My heart has become like wax, it melts away within me. As dry as a potsherd [clay] is my throat; my tongue sticks to my palate; you lay me in the dust of death.”[3] At the well Jesus says, “the water I give will become in him a spring of water welling up to eternal life.” On the Cross Jesus says, “Like water, my life drains away.” The water that Jesus gives is the spring of blood and water from his side that well up to eternal life. On the Cross, the fountain of living water, becomes as dry as clay, as He gives His life away. On the Cross, the very God that breathed life into Adam,[4] has his breath taken from him through three hours of suffocation.