

## Lent Meditation: Week 3

### Let the Living Water Lead Us

#### Invocation

God of imagination, you show yourself to us in so many ways. When you walked with us, you used word pictures and assumed we would use our imaginations to create a bigger picture. Stir up our creative nature and wonder. Be with us as we splash in the Living Water.

#### Confession

You know us Lord. You gave us the ability to imagine things that we cannot see. And yet we are impatient. We are in a hurry. We want the easy answer. Forgive us for making the Good News into an easy to digest, highly processed, sugar coated drink. Give us the desire to take the time to chew on your words and to get the full nutrition that will create a new life in us. Amen

#### John 4:5-15 (NRSV)

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that 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 have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."



## Prayer

Leader: Creator God, we give you thanks and praise that you have created us more from water than from dust. We are, all of us, made mostly of water. Lead us to treasure the water we share with all living things, keeping it clean and available to all.

**All: Let the Living Water lead us.**

Leader: Jesus, we give you thanks that you joyously shared the living water with many kinds of people from many walks of life. Show us how to share your good news with everyone we meet.

**All: Let the Living Water lead us.**

Leader: Spirit of God, flow through us and bubble up in us the joy of being alive.

**All: Let the Living Water lead us. Amen**

## A time of silence

You are invited into a time of reflection and a spiritual practice called Ignatian Contemplation. It invites us to use our imaginations to put ourselves into the story. Read the lesson to yourself. Then retell the story using "I sentences". For example: "The noon sun was so hot and while I could see the water, I didn't have a pail" (Jesus' point of view) or "I saw this Jewish man sitting by the well as I approached." (The woman's point of view). Add sights, smells, colors, and feelings to your story. You might want to write down your story, or tell it to another person. Then add color to the mural. Today, you might like to use bright, cool colors to remind you of noon time.

## A blessing

May Creator God bless us with clean water.

May Jesus the Christ bless us with living water.

May the Spirit of God bless us as we follow where the water leads us. Amen



*Jesus and the Woman of Samaria*

Lent 2017 Week 3

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