

**Never stop giving thanks!**

Exodus 17:3-7

Psalm 95:1-2,6-9

Romans 5:1-2,5-8

John 4:5-42

In the first reading the Israelites complain and grumble against Moses who cries out to the Lord in desperation. The Lord answers Moses, instructs him to strike a large rock from which a spring arises. The place where all of this happened was named Meriba and Massah indicating it is where the Israelites quarreled and tested the Lord.

The Psalmist encourages us to sing joyfully, be thankful, and open our hearts as we bow and kneel in worship. The Lord is our God, our Shepherd. We are reminded not to harden our hearts and put the Lord to the test as the Israelites did in the desert.

In the second reading Paul explains that we have been justified by faith and we find our peace with God through Jesus Christ. Our hopefulness will not disappoint us because love will be poured into our hearts through the Holy Spirit; this love is proven by Jesus who died even for godless people in order they be saved.

In the Gospel Jesus meets the Samaritan woman at the well and asks her for a drink. This water, he tells her, most refreshing to a thirsty person, is nothing in comparison to the "living water" that quenches our thirst for the living God. After telling her of personal details she comes to recognize that Jesus is someone special. The disciples, on the other hand, object to his even talking with her and urge Jesus to eat. The response is, "doing the will of him who sent me, and bringing his work to completion is my food." Jesus stays on for several days and the people come to recognize him as the messiah.

The Father sent the Son who gives us Living Water  
So that the Spirit can pour love into our hearts.

We seek many things in this world and yet all of us have, at one time or another, appreciated a simple glass of water on a hot, dry day. You can imagine the relief of the Israelites when water flowed from the rock struck by Moses. Their feelings reflected the Psalm's call for joy and the praise the people feel when there is confidence in God's presence and care. The Romans came to realize that the One who loves and seeks is the Lord our God. The Samaritan woman could not understand how Jesus could give her "living water" without a bucket. Can we understand?

We are deeply aware of struggles in and around us.  
We turn to you Jesus, that we might not become discouraged, and  
We rely on your compassion and love for us.  
We know who we are  
- sinners who experience the after-effects of our wrongdoings  
but we are loved and you Lord brings us hope.

May we joyfully embrace the new life you give us.

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