



"He fasted for forty days
and forty nights..."

Sunday, 15th March 2020

A Meditation based on John 4:5-42 *Give me a drink. (John 4:7)*

Jesus and his disciples had been walking all morning. Now the sun was high in the sky and burning down on them. They were hot, dusty, and thirsty. As Jesus sat down next to Jacob's well, he was probably looking forward to a cool drink of water.

But when he asked a Samaritan woman who had come to the well to give him a drink, more was going on than Jesus just looking to quench his physical thirst. As St Therese of Lisieux wrote, "When he said, 'Give me a drink,' it was the love of this poor creature that the Creator of the universe was seeking. He was thirsty for love."

We might wonder why. Why would Jesus desire the love of someone who was not only a Samaritan but who had a checkered past and was living with a man who wasn't her husband? Because that's who Jesus is. Like the Father and the Holy Spirit, Jesus loves each one of us. No matter who we are or what our sins, he who is love cannot help but seek after our love. He thirsts for all of us. No matter who we are or what our sins, he who is love cannot help but seek after our love. He thirsts for all of us.

So how do we quench Jesus' thirst? By spending time with him. Don't think of it as an obligation or duty, something you "owe" to God. Think of it instead as a time when you are letting Jesus get his fill of you. He loves you so much that he can't get enough of your undivided attention. He loves you so much that he wants you to put aside all the other demands in your life for a time, go to a quiet place, and sit with him.

So give Jesus the "drink" he asks for. Even if you feel no different while you are praying, believe that you are delighting Jesus by your presence. Remember, he enjoys being with you! Believe too that as you sit with him, he is giving you the "living water" that will fulfill your deepest needs and desires, the water that is "welling up to eternal life" (John 4:10, 14).

Today's other Readings:

Exodus 17:3-7

Psalms 95:1-2, 6-9

Romans 5:1-2, 5-8

Let us Pray. "Jesus, may I thirst for you as you thirst for me."

Family Focus in Lent

- **Go to confession**
If your family hasn't been to confession this year, calendar it for Lent. Check out [Celebrating Reconciliation with Kids: 9 ways to get into the habit.](#)



Pretzels for Lent

Did you know that the pretzel is a traditional food for Lent?

[See here for brief history and how to make a pretzel with your kids](#)

Lenten Practices for Daily Life:

Fast from spreading gossip about others. We are often tempted by our own righteousness to want to say hurtful things about others to make us feel better about ourselves. Gossip dehumanizes people and renders us more likely to treat others without respect. When you feel the desire to speak negatively about others, pray instead for those you may have hurt with gossip. Pray for a more generous heart.