

Jn 4:5-42; Ex 17:3-7; Rom 5:1-2, 5-8 Living Water 2026

There is a thirst...deep down within us. Not for water. Not for money, power or pleasure. But a thirst...for God.

Like St. Augustine said: *You have made us for Yourself O Lord, and our hearts are restless until they rest in You.*

Only Jesus Christ can fill the emptiness within us, with the gift of God...the living water that will deliver us to eternal life. What is the living water?

St. Paul says the living water is, *the love of God poured out into our hearts through the Holy Spirit, who has been given to us* (Rom 5:5). I.e., the living water is the Holy Spirit of God.

And that is truly a *hope that does not disappoint!* Because we did not deserve it. Think about it! It's hard enough to die for a good person.

But God loves us so much, that while we were still sinners, He died for us--on that cross—for our salvation (Rom 5:8).

So how much more...now that we have the love of God poured out into our hearts...will He not save us!

But there is a problem. Like the Psalm says: *If today you hear his voice, harden not your hearts as at Meribah* (Ps 95:7-8). What happened at Meribah?

God did so much for the Chosen people. He delivered them out of bondage in Egypt. He provided them with food: manna in the desert. But now they were dying of thirst.

So, they put God to the test. They cried out: *Is the Lord in our midst or not?* (Gen 17:7). We too, put God to the test every time we sin.

But God remains in our midst. And God is always willing to forgive us. God had Moses strike the rock. And out of a life-less rock, came God's life-giving water.

Fear not! *God Himself will set me free from the hunter's snare* (Ps 91:3). The hunter is the devil. And his snare is sin and temptation.

But by the love, sacrifice, obedience and power of what happened on that cross...God has set us free.

On that cross Jesus said, *I thirst!* For what? He had a thirst for our redemption. So strong was His thirst, that it sets our heart on fire...

...with the Living Water, His Holy Spirit, the gift of God from heaven for the forgiveness of sins and for our eternal salvation!

So, let's drink that Living Water.

Let's drink the living water by seeking to encounter the love of God—in this Church, in others, and in ourselves. And let's pray more. Let's read the bible more.

Take the initiative. Like God took the initiative: In the noonday sun, Jesus asked a woman, a Samaritan, for water.

That was unheard of. Jesus broke down the barriers of prejudice against women and hatred between the Jews and Samaritans. She must have felt His love!

He asked her to give Him what she could. And in the same way God asks us to share the gifts He has give us with others.

Why not ask someone to give you what they can, to pray for you. And then ask them, if you can pray for them? Let them feel His love in you!

Let's drink the living water by repenting of our sins and keeping our hearts pure as temples of the Holy Spirit.

Jesus invited the Samaritan woman to bring her husband. It was a moment of grace. She humbled herself and acknowledged that she was living in sin.

Jesus offers us that same moment of grace...to humble ourselves and to confess our sins. To die to our selfish ways and rise up into a new life...a life lived for God in Jesus Christ.

Why not offer someone that same moment of grace: *I was once where you are. I thought freedom meant doing whatever I wanted...*

*...I became a slave to sin. But now I've found true freedom in Our Lord and Savior Jesus Christ!*

Then, let's drink the living water and become a witness to Jesus. Like the Samaritan woman, who drew the townspeople to Jesus.

Can we not do the same? Yes we can! By offering ourselves, like Jesus on that cross, for the service and salvation of all the world.

Bring them to Jesus! Let them see the Living Water, the Spirit of Jesus Christ, alive and at work inside of you!

Let us pray: Lord Jesus give us the living water of Your Holy Spirit and set our hearts on fire with Your love.

Purify our hearts. And empower us to become witnesses to Your Holy Spirit, alive and at work inside of us.

*Because, [we] live, no longer [us], but [You, Our Lord and Savior Jesus Christ, Now You live in us](Gal 2:20).*