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Today's readings are centered on Baptism and new life. Living Water represents God's Holy Spirit Who comes to us in Baptism, penetrating every aspect of our lives and quenching our spiritual thirst. The Holy Spirit of God, the Word of God, and the Sacraments of God in the Church are the primary sources of the living water of Divine Grace. We are assembled here in the Church to drink this water of eternal life and salvation. Washed in it at Baptism, renewed by its abundance at each Eucharist, invited to it in every proclamation of the Word, and daily empowered by the anointing of the Holy Spirit, we are challenged by today's Gospel to remain thirsty for the living water, which only God can give.

The first reading describes how God provided water to the ungrateful complainers of Israel, thus placing Jesus' promise within the context of the Exodus account of water coming from the rock at Horeb.

The Responsorial Psalm (Ps 95), refers both to the Rock of our salvation and also to our hardened hearts. It reminds us that our hard hearts need to be softened by God through our grace-prompted, grace-assisted prayer, fasting and works of mercy which enable us to receive the living water of the Holy Spirit, salvation, and eternal life from the Rock of our salvation.

In the second reading, Saint Paul asserts that, as the Savior of mankind, Jesus poured the living water of the gift of the Holy Spirit into our hearts. In the Gospel, an unclean, ostracized Samaritan woman is given an opportunity to receive the living water. Jesus awakened in the woman at the well a thirst for the wholeness and integrity which she had lost, a thirst which he had come to satisfy.

This Gospel passage also gives us Jesus' revelation about himself as the Source of Living Water and teaches us that we need the grace of Jesus Christ for eternal life because Jesus IS that life-giving water.