

## Scripture Reading

### **A Reading from the Gospel According to John (John 4:13-15)**

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." The woman said to Him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

### **Reflection – Is Your Heart Seeking?**

***God hears the cry of the poor (cf. Job 34:28, Psalm 34:6).*** The encounter between Jesus (a Jew) and the Samaritan woman was most unlikely. The Jews and the Samaritans did not associate with each other. A Jewish man speaking in public to a Samaritan woman was unthinkable in those days. However, Jesus was not deterred by adverse public opinion. He waited for her at the well. Innocently, Jesus presented His need to the Samaritan woman: Will you give Me a drink? (cf. John 4:7) opening up for her the opportunity to ask for the living water that only Jesus can give.

***Seeking for true love in all the wrong places.*** The Samaritan woman chose noon time to go to the well to draw her water. It was the hottest time of the day when no other women will be around. No one will be around to pass sneering remarks or to give her the cold shoulder. It was a miserable situation she was in. She was the woman in the town that had relationships with five men none of whom was her husband! She was seeking for true love but no one could satisfy her need. And so she continued from one man to another, plunging into further misery and pain.

***In our times there are many Samaritan women under different guises.*** The Samaritan woman may live 2,000 years ago but her spirit lives on in many people. These have a common need – a very pressing need, a need that overrides other needs that it results in a compulsive behaviour. It is an irrepressible need to fill an empty wounded heart with true love. Usually it is not recognised as such. Nevertheless, the need to search is compulsive, and more often than not the desperation brings the anguished seeker to activities which further pull down his spirit. As in the case of the Samaritan woman, serious problems may arise. These may include obsession with other persons or unhealthy attachments to things (e.g. materialism), addiction to harmful substances (e.g. drugs, alcohol) or impure habits or activities (e.g. pornography). Others may seek to fill the aching emptiness in their hearts by attempting to climb high mountain peaks or dive the ocean depths in order to search for that something which many cannot define in a society that denies the existence of God and His goodness.

***Jesus says: Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28).*** Jesus waited for the Samaritan woman at the well in order that she can present her need to Him. Jesus is able to meet the innermost need of her heart so that she will no longer be thirsty for something which other people cannot provide. Scripture tells us our hearts are made for Jesus. *For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him (Colossians 1:16).* Only He through Whom our hearts are made can satisfy the deepest longing of our hearts. With this truth and wisdom, we need not search for true love in the wrong places.

### **Conversation with Jesus**

Precious Lord, You are the true love my innermost heart seeks. *My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God (Psalm 84:2).* In You are the fulfilment of my entire existence. In You, my heart finds its true rest. May I never be distracted by the false lights of this world and pursue them to the detriment of my soul. Just like the man who found the hidden treasure in the field and went to sell all he had to buy that field (cf Matthew 13:44), let me treasure my faith in and love for You with the same zeal. Help me commit myself to my faith by living it, nurturing it, treasuring it and sharing it. Mary, Protectress of the Faith, pray for me. Thank You, Jesus. Praise You, Jesus.