



LIVING WATER

A LENTEN RETREAT GUIDE ON CHRIST'S ENCOUNTER WITH THE SAMARITAN WOMAN

COMPANION GUIDE

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FIRST MEDITATION

Jesus Shows Us His Cards

QUESTIONS FOR PERSONAL REFLECTION/ GROUP DISCUSSION

1. What does it mean to me that Jesus became fully human, that God became man in order to bring his saving grace into my life?
2. How would I answer the question: “Why did Jesus decide to redeem us by becoming one of us?”
3. How is God wanting to be involved in my life right now? How am I responding to his invitations?

QUOTATIONS TO HELP YOUR PRAYER

“What does it mean then, for the pious Israelite, to seek the face of God, while recognizing that there can be no image of Him? The question is important: on the one hand, it is said that God cannot be reduced to an object, to a simple image, nor can anything be put in the place of God; on the other, however, it is affirmed that He has a face, that is, He is a “You” that can enter into a relationship, who isn’t closed in his Heavens looking down upon humanity. God is certainly above all things, but he turns to us, hears us, sees and speaks, makes covenants, is capable of love. The history of salvation is history of God with humanity, it is the history of this relationship of God who progressively reveals himself to man, letting him see his face.

—General Audience, 16 January 2013

POPE BENEDICT XVI

“God did not wait for everyone to go to Him, but it was He who moved toward us, without calculating, without measure. God is like this: He always takes the first step, He moves towards us ... God came out himself to come among us, he has placed his tent among us to bring us God’s mercy that saves and gives hope. We, too, if we want to follow Him and stay with Him, must not be content with staying in the enclosure of the ninety-nine sheep, we must “come out”, to seek out with Him the lost sheep, the farthest. Mark this well: to come out of ourselves, like Jesus, like God came out of Himself in Jesus and Jesus came out of himself for all of us.

—General Audience, 27 March 2013

POPE FRANCIS

“Jesus is God-with-us, Emmanuel. The great mystery of God becoming human is God’s desire to be loved by us. By becoming a vulnerable child, completely dependent on human care, God wants to take away all distance between the human and the divine.¹

—Henri Nouwen

NOTES

¹ <http://henrinouwen.org/meditation/gods-powerlessness/> (accessed 27 May 2018)



SECOND MEDITATION

Jesus Shows Us Our Cards

QUESTIONS FOR PERSONAL REFLECTION/GROUP DISCUSSION

1. When do I experience the deep thirst for meaning and fulfillment that God has built into my human nature? How do I usually respond when I feel that thirst most intensely? What might Jesus have to say about that?
2. What types of things tend to cause me “trouble” in the sense that Jesus meant when he said, “In the world you will have trouble”? How do I usually respond when trouble presses upon me? What might Jesus have to say about that?
3. What difference has Jesus made in my life? What difference do I hope he will make in the near future? Speak to the Lord about your needs and his desires.

QUOTATIONS TO HELP YOUR PRAYER

“Two evils my people have done:
they have forsaken me, the source of living waters;
They have dug themselves cisterns,
broken cisterns that cannot hold water.

—Jeremiah 2:13; 17:7–8

NABRE

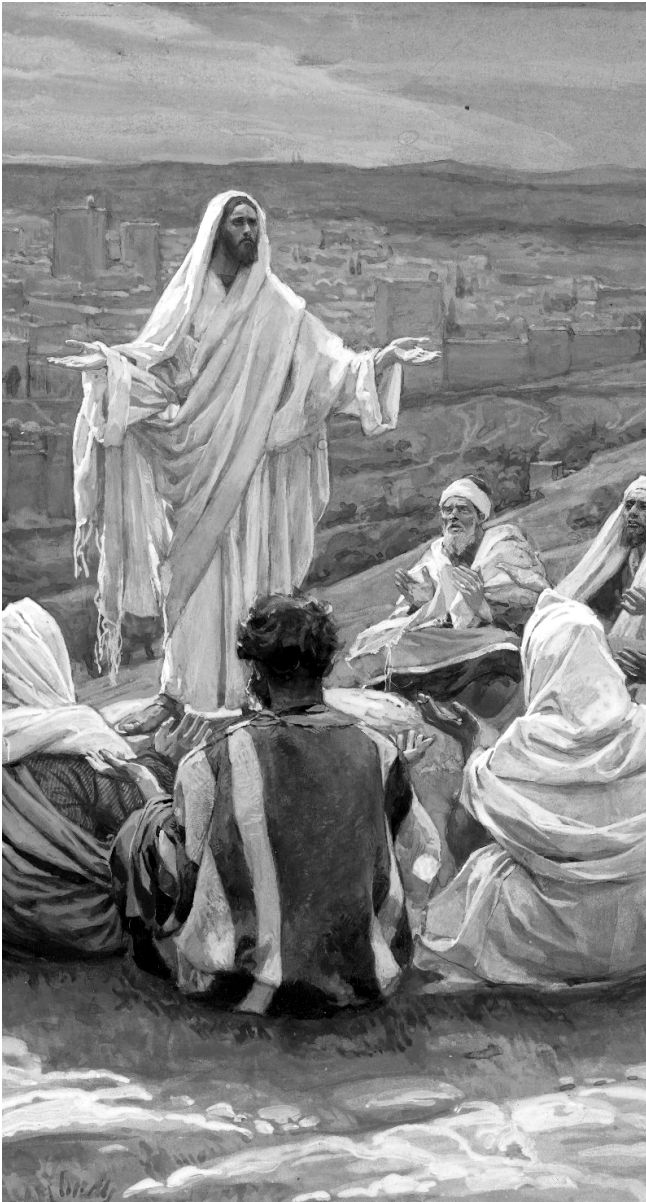
“...Blessed are those who trust in the LORD;
the LORD will be their trust.
They are like a tree planted beside the waters
that stretches out its roots to the stream:
It does not fear heat when it comes,
its leaves stay green;
In the year of drought it shows no distress,
but still produces fruit.

—Jeremiah 17:7–8
NABRE

“On the last and greatest day of the feast, Jesus stood up
and exclaimed, “Let anyone who thirsts come to me
and drink. Whoever believes in me, as scripture says:
'Rivers of living water will flow from within him.'” He
said this in reference to the Spirit that those who came
to believe in him were to receive.

—John 7:37–39
NABRE

NOTES



CONFERENCE

What Is “God’s Will”?

PERSONAL QUESTIONNAIRE

1. Jesus explained that he hungered for the Father’s will. What do I hunger for in the depths of my soul? What is my spiritual “food”?
2. How often do I think about discovering and embracing “God’s will”? How central is that concept to my worldview?
3. How deeply do I believe that God truly wants me to have “a more abundant life”?
4. How well have I come to understand the teachings of the Bible and the Church about God’s commandments? How fully do I understand what Christian behavior really looks like?
5. What are my main day-to-day responsibilities in the current season of my life? How aware am I that those responsibilities are an expression of God’s will for me?
6. How well have I formed my conscience, through studying my faith, through making good use of the sacrament of confession, through getting good advice from mentors or spiritual directors, and through regular and personal prayer?
7. How easily can I recognize the voice of conscience when it speaks deep within my soul? How do I usually respond to that voice?

FURTHER READING

If you feel moved to continue reflecting and praying about this theme, you may find the following books helpful:

Introduction to the Devout Life
by St. Francis de Sales

Christian Self-Mastery
by Basil Maturin

In the School of the Holy Spirit
by Jacques Philippe

Discerning the Will of God
by Timothy Gallagher. OMV

God's Voice Within
by Mark Thibodeaux, SJ

EXPLORING MORE

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