

Mindful Colouring

The Woman at the Well

As we light this candle
And ring the bell
We pray that God is with us this day.

Close your eyes
Place your hand on your belly. Notice your breathe as your belly moves.
Breathe in through your nose and out
Through your mouth.
Breathe in and breathe and out
Repeat for 1 minutes.

Invite participants to begin colouring



Song - Kari Jobe - I Am Not Alone
<https://www.youtube.com/watch?v=bfveawSAHJA>

Song - Avril Lavigne - Head Above Water
<https://www.youtube.com/watch?v=v686vG5PSac&t=1s>

Song - Nichole Nordeman - Brave
<https://www.youtube.com/watch?v=0ivrHs960HM&t=1s>

Song - Come to the Table
https://www.youtube.com/watch?v=IEpMhdoJ_VA&t=2s

Scripture - John 4:5-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one speaking with you." At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Christ?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work." Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, "He told me everything I have done." When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

Scripture Reflection

In many Western countries, people do not believe that Jesus is the Messiah, the Saviour of the world. Why do so many today lack belief in God? The Samaritan woman, rejected by her family and community, was forced to visit the well at midday, instead of in the morning when other women would draw water, to avoid their presence. Jesus, too, chose to visit the well at midday, intentionally breaking several laws of the time which would render him ritually unclean. Such laws included prohibitions against Jews mingling with non-Jews and men associating with unmarried women. Yet, Jesus decided to shatter all these laws and customs to meet the woman at the well.

Initially, she treated Jesus with the same contempt she had experienced from others. It was only when she recognized the depth of care and attention he offered that she realized this man was different. This profound, personal encounter transformed her heart. She came to recognize Jesus as the Saviour and began to feel the love he had for her—a love not of exploitation but of self-sacrifice.

This story prompts us to ask ourselves: Are we willing to step out of our comfort zones? Are we open to interacting with those who are outcasts? Are we prepared to continue our search when all seems lost?

Silent Reflection

Silently reflect on the today's scripture passage and its meaning for us today. Reflect on the questions for reflection.

Discussion

1. How can society's bias influence us today?
2. The Samaritan woman went to the well at a time when she expected to be alone. Have there been moments in your life when you have felt the need to isolate yourself, and what caused you to feel that way?
3. Jesus engaged with the Samaritan woman despite societal rules. How can you cultivate the courage to have meaningful encounters with those whom society might overlook or reject?
4. The Samaritan woman's encounter with Jesus led to a transformation in her understanding and belief. Can you recall a personal encounter that profoundly changed your perspectives or beliefs?
5. Jesus's love for the Samaritan woman was selfless and sacrificial. How can I more fully embody this type of love in my relationships and interactions with others?

Prayers of the faithful

1. Let us pray for those who feel isolated and marginalized in our society, that they may encounter the love of Christ through our words and actions. May we be instruments of God's unconditional love and grace. Lord, hear our prayer.

ALL - Lord hear our prayer.

2. We pray for the Church, that it may continue to reach out with compassion to all who are searching for meaning and purpose, just as Jesus did at the well. May the Church always be a place of welcome and encounter. Lord, hear our prayer.

ALL - Lord hear our prayer.

3. Let us pray for the strength to overcome our prejudices and to see the image of God in every person we meet. May the Holy Spirit guide us to build bridges of understanding and solidarity. Lord, hear our prayer.

ALL - Lord hear our prayer.

4. We pray for those of us who struggle with our faith, that we may experience a renewal of spirit and come to know Jesus as the source of living water. May our faith be deepened and our hope restored. Lord, hear our prayer.

ALL - Lord hear our prayer.

5. Let us pray for our community, that we may have the courage to step out of our comfort zones and extend our hands in fellowship to those whom society has outcast. May we follow in the footsteps of Christ, who broke barriers to share God's love. Lord, hear our prayer.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Heavenly Father,

In the spirit of the Samaritan woman at the well,

we come before You with open hearts, seeking the water that quenches all thirst.

We thank You for Your Son, Jesus, who crosses all boundaries to meet us where we are,

in the heat of our midday moments, in the isolation of our own making.

Grant us, O Lord, the courage to confront our own wells of prejudice and fear,

that we may drink deeply from the well of compassion.

Fill us with living water, that we may pour out Your love and grace to those around us,

especially to those who feel rejected, unloved, or unseen.

May our encounters with the Divine forever change us,

propelling us into the world to proclaim, in word and deed,

the transformative power of Your boundless love.

Just as the Samaritan woman left her jar behind,

may we leave behind whatever burdens us, to share the good news with joy.

We ask this in the name of Jesus, our Saviour,

who is the source of eternal life, the wellspring of our salvation.

Amen.