

## **Midweek Lenten Meditation for 3/12/2020 on “Water”**

*(Inspired by the wonderful book Grounded: Finding God in the World by Diana Butler Bass)*

### **Scriptures:**

A reading from Ecclesiastes: *Rivers run into the sea, but the sea is never full. Then the water returns again to the rivers and flows out again to the sea.* (Ecclesiastes 1:7)

The prophet Isaiah: *With joy you will draw water from the wells of salvation.* (Isaiah 12:3)

The Gospel of John: *[Jesus said to the Samaritan woman at the well:] “If you knew the gift of God, and who it is that asks you for a drink, you would have asked him, and he would have given you living water.... The woman said to him: “Sir, give me this water.”* (John 4:10-15)

The book of Revelation: *Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city... Let everyone who is thirsty come.* (Revelation 22:1-2, 17)

### **Meditation:**

I invite you to call to mind a place of water that you love – perhaps the sea, a lake, a river, a stream, a waterfall that is special to you....

What do you see?

What do you hear?

In what ways does this watery place speak to you of God?

We reflected last week on how God is “green” -- the Great Farmer of the Earth – but God is also “blue” —the watery presence of the Deep.

We feel this sacred quality instinctively. In the peace of gentle waters, in the power of the crashing ocean, in the abundance of a rushing waterfall. Researchers have confirmed that being in natural environments with water makes human beings more relaxed and more satisfied with life. Being near water creates what some call “blue mind”-- a meditative state of peacefulness and unity that is neurologically similar to meditation or prayer.

Water speaks to us as human creatures, and water often becomes a window to the life of the Spirit and God.

Many Bible stories present wells, springs, oases, and rivers as places of renewal and spiritual vision and blessing.

This Sunday we'll explore the story of Jesus and the Samaritan woman, who meet at the historic setting of Jacob's Well. This well has been a reliable source of cool, clear water for generations, a place of deep sustenance – both physically and spiritually.

This well is historically associated with love and belonging – it's the place where Isaac met Rebekah, and Jacob met Rachel, and Moses met Zipporah. Here Jesus meets an outcast woman and invites her to drink deeply of God's love, to go deep into the waters of belonging and relationship with her Creator. The woman begins to understand that Jesus himself is her source of life and refreshment. She invites her friends and invites us: Come to the Well. Drink. Be satisfied. Get what you need to live.

Water is life; life is water.

Living water is God; God is living water.

Tonight, as we worship, may we be opened to see the wells of God's presence around us in the world today. As the rivers flow over the earth in a never-ceasing rhythm, may we know that God's love flows into our lives as well, always returning to water our souls.

*Let us pray: As a deer longs for living streams, as a weary traveler longs for the waters of life, so our souls long for you, O God. Refresh us, cleanse us, heal us with your living water. Pour out your Spirit upon us so our lives may overflow with your love. Pour out your Spirit upon all creation so that justice may roll down like waters and righteousness like a mighty stream. Amen.*