



will never be thirsty again:
the water that I shall give
will turn into a spring inside him, welling up
to eternal life.’
‘Sir,’ said the woman, ‘give me some of that
water, so that I may never get thirsty and never
have to come here again to draw water. I see you
are a prophet, sir’ said the woman. ‘Our fathers
worshipped on this mountain, while you say
that Jerusalem is the place where one ought to
worship.’ Jesus said:

‘Believe me, woman, the hour is coming
when you will worship the Father
neither on this mountain nor in Jerusalem.
You worship what you do not know;
we worship what we know;
for salvation comes from the Jews.
But the hour will come – in fact it is here
already –
when true worshippers will worship the Father
in spirit and truth:
that is the kind of worshipper
the Father wants.
God is spirit,
and those who worship
must worship in spirit and truth.’

The woman said to him, ‘I know that Messiah
– that is, Christ – is coming; and when he comes
he will tell us everything.’ ‘I who am speaking to
you,’ said Jesus ‘I am he.’

Many Samaritans of that town had believed in
him on the strength of the woman’s testimony
when she said, ‘He told me all I have ever done,’
so, when the Samaritans came up to him, they
begged him to stay with them. He stayed for two
days, and when he spoke to them many more
came to believe; and they said to the woman,
‘Now we no longer believe because of what you
told us; we have heard him ourselves and we
know that he really is the saviour of the world.’

■ The Gospel of the Lord.

Longer form 4:5-42

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LIVING WATER

Despite the floods of recent years, Australians
more than many people appreciate just how
precious a resource water is. There would
be very few of us who would not be able to
remember living through some period of
drought or scarcity of water. Our experience
places us in a good position to appreciate the
problem faced by the people of Israel. Having
been rescued from the oppression of the
Egyptians the people of Israel felt betrayed
– had they been saved from Egypt only to
perish in the desert by thirst? Despite their
lack of faith God reached out through Moses
and provided them with water in the desert.

When the Samaritan woman came to the
well searching for water she could barely have
imagined where her encounter with Jesus
would lead. She came seeking water but left
having come to terms with her past, and having
led others to Jesus, the source of living water.
As is so often the case, personal experience is
the best teacher and having heard Jesus for
themselves her fellow Samaritans come to
see Jesus as their saviour and source of living
water.

When Paul reflected on salvation history he
came to see that despite the hardness of the
human heart God has always been as he was
with the people in the desert. The life-giving
love of God has been poured into our hearts to
quench our thirst and bring us to life. This love
has always been freely given and undeserved.
The most powerful proof of this is that Jesus
died for us while we were yet sinners.

FIRST READING

Ex 17:3-7

A reading from the book of Exodus

Give us water to drink.

Tormented by thirst, the people complained
against Moses. ‘Why did you bring us out of
Egypt?’ they said. ‘Was it so that I should die of
thirst, my children too, and my cattle?’ Moses
appealed to the Lord. ‘How am I to deal with
this people?’ he said. ‘A little more and they will
stone me!’ The Lord said to Moses, ‘Take with
you some of the elders of Israel and move on to
the forefront of the people; take in your hand the
staff with which you struck the river, and go. I
shall be standing before you there on the rock, at
Horeb. You must strike the rock, and water will
flow from it for the people to drink.’ This is what
Moses did, in the sight of the elders of Israel. The
place was named Massah and Meribah because of
the grumbling of the sons of Israel and because
they put the Lord to the test by saying, ‘Is the
Lord with us, or not?’

■ The word of the Lord.

RESPONSORIAL PSALM

Ps 94:1-2, 6-9. R. v. 8

**R. If today you hear his voice, harden not
your hearts.**

1. Come, ring out our joy to the Lord; / hail the
rock who saves us. / Let us come before him, giving
thanks, / with songs let us hail the Lord. **R.**

2. Come in; let us bow and bend low; / let us
kneel before the God who made us / for he is
our God and we / the people who belong to his
pasture, / the flock that is led by his hand. **R.**

3. O that today you would listen to his voice! /
‘Harden not your hearts as at Meribah, / as on
that day at Massah in the desert / when your
fathers put me to the test; / when they tried me,
though they saw my work.’ **R.**

SECOND READING

Rom 5:1-2, 5-8

**A reading from the letter of St Paul to the
Romans**

*The love of God has been poured into our hearts by
the Holy Spirit which has been given to us.*

Through our Lord Jesus Christ by faith we are
judged righteous and at peace with God, since
it is by faith and through Jesus that we have

entered this state of grace in which we can boast
about looking forward to God’s glory. This hope
is not deceptive, because the love of God has been
poured into our hearts by the Holy Spirit which
has been given us. We were still helpless when
at his appointed moment Christ died for sinful
men. It is not easy to die even for a good man
– though of course for someone really worthy, a
man might be prepared to die – but what proves
that God loves us is that Christ died for us while
we were still sinners.

■ The word of the Lord.

GOSPEL ACCLAMATION

cf. Jn 4:42, 15

**Glory to you, Word of God, Lord Jesus
Christ! / Lord, you are truly the Saviour of
the world; / give me living water, that I may
never thirst again. / Glory to you, Word of
God, Lord Jesus Christ!**

GOSPEL

Jn 4:4-5, 19-26, 39-42

A reading from the holy Gospel according to
John.

*The water that I shall give will turn into a spring of
eternal life.*

Jesus came to the Samaritan town called Sychar,
near the land that Jacob gave to his son Joseph.
Jacob’s well is there and Jesus, tired by the journey,
sat straight down by the well. It was about the
sixth hour. When a Samaritan woman 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, ‘What?
You are a Jew and you ask me, a Samaritan, for
a drink?’ – Jews, in fact, do not associate with
Samaritans. Jesus replied:

‘If you only knew what God is offering
and who it is that is saying to you:

Give me a drink,
you would have been the one to ask,
and he would have given you living water.’

‘You have no bucket, sir,’ she answered ‘and the
well is deep: how could you get this living water?
Are you a greater man than our father Jacob who
gave us this well and drank from it himself with
his sons and his cattle?’ Jesus replied:

‘Whoever drinks this water
will get thirsty again;
but anyone who drinks the water that I shall give