



Holy Spirit: Source of Living Water

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate the Holy Spirit as the source of living water.*

INTRODUCE TOPIC & SCRIPTURE (John 4:14) *"...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."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Lord, give me this water so that I may not be thirsty."*

MEDITATION "Man of every time and place desires a full and beautiful life, just and good.... Man is like a traveler who, crossing the deserts of life, thirsts for the living water: gushing and fresh, capable of quenching his deep desire for light, love, beauty, and peace. We all feel this desire! And Jesus gives us this living water: He is the Holy Spirit, who proceeds from the Father and whom Jesus pours out into our hearts."³

"...why can this water quench our thirst deep down? We know that water is essential to life; without water we die; it quenches, washes, makes the earth fertile. In the Letter to the Romans we find these words: "God's love has been poured into our hearts through the Holy Spirit who has been given to us" (5:5). The "living water", the Holy Spirit, the Gift of the Risen One who dwells in us, purifies us, illuminates us, renews us, transforms us because he makes us participants in the very life of God that is Love."⁴ St. John Chrysostom said: "When the grace of the Holy Spirit enters a soul and is established there, it gushes forth more powerfully than any other spring; it neither ceases, dries up, nor is exhausted. And the Savior, to signify this inexhaustible gift of grace, calls it a spring and a torrent; He also calls it gushing water, to indicate its force and impetus."

RESOLUTION (Re-read Scripture.) "Jesus promised the Samaritan woman that he will give a superabundance of "living water" forever to all those who recognize him as the Son sent by the Father to save us. Jesus came to give us this "living water", who is the Holy Spirit, that our life might be guided by God, might be moved by God, nourished by God." Do I think in accordance with God? Do I act in accordance with God? Or do I let myself be guided by the many other things that certainly do not come from God?."⁵ *Holy Spirit come...*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Spouse of the Holy Spirit: **pray for us**; St. Joseph: **pray for us**; St. John Chrysostom: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Pope Francis, General Audience at St. Peter's Square, Wednesday, May 8, 2013.

⁴ ibid

⁵ ibid

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

