

“Water”

Msgr. Matz notes of ‘Bonus Material’ from Session One: *About Prayer – Office of Readings*

- **Written by St. John Chrysostom, 4th C** – his insights have been valuable through the centuries, even today
- **Paragraph 1:** “...prayer that comes from the heart and not from routine...”
Devotional prayer often evolves to contemplative prayer/personal prayer.
- **Paragraph 3:** “Prayer lifts the soul into the heavens where it hugs God in an indescribable embrace.”
Your relationship with Christ; God wants a relationship with you – do we respond? It’s a personal encounter.
- **Paragraph 4:** “Prayer is the desire for God, an indescribable devotion, not given by man but brought about by God’s grace”
It’s not only us. God’s going to do this for us. He gives us the grace, gives the desire to pray.
- **Paragraph 5:** “To begin on this path, start by adorning your house with modesty and humility”
As we bring prayer deeper into our lives, it will begin to change the way we live our lives. Prayer is transforming. And freeing. Consider the Samaritan woman: ‘*Christ showed me something about myself.*’
 - **Observation: The Samaritan woman is freed of her burdens and becomes an evangelist**, calling her community into the Truth. They listen to her, an unlikely witness. They believe her... she brings them to Jesus. They then encounter him themselves. He gives you confidence that others can see: the Living Water.

Finding Inspiration and Making the Most of Prayer Time:

- *Jesus helps us let go of our burdens if we wish to let them go. He offers forgiveness.*
 - This happens with the Samaritan woman at the well. It also aligns closely with Chapter 3 of the book we received at Christmas, *The Biggest Lie in the History of Christianity: The False Promises and Lies of This Word*.
 - Struggling to talk with God? Are you mad at God? ‘Pick up the phone’ and call him. Tell Him why you’re mad and see what He has to say.
 - *We can encounter God even when we’re broken.*
 - *God goes out of his way to seek you. Consider his unlikely journey to Samaria (not expected of a Jew in those days) – Jesus has and will do extraordinary things to reach you. Be open.*
- We need to lower our expectations for our prayer time. Listen to Jesus... talk with Jesus, talk with God. Let it unfold.
- This ‘Lectio Divina’ program and approach is not **the** way to pray; it is not the **only** way to pray; it isn’t “the formula”. It offers another type of prayer experience. It is shared by Guigo the Carthusian as it was a helpful prayer experience for him and his hope is that it will be helpful to us.
- Prayer is not mechanical... it comes in many forms: nature, art, music, devotional prayer, Scripture – each opens the pathway to listen to and talk with God. Though, it is true that Scripture should be involved at some point.
- Allow Christ to reveal himself to you, as he did with the Samaritan woman.

The Living Water:

- Group Study teams did Exercise 3 together. Between the afternoon & evening sessions, we learned a lot!
 - Samaria/Samaritan appears 8 times, while ‘thirst’, ‘drink’ (derivatives) and ‘water’ appear 18 times! (See the document referred to as ‘SamaritanWomanAtWell-Word Cloud’ to get a visual impact of this.)
 - The impact of ‘Water’ occurs in the second paragraph: where Jesus first reaches out to the woman at the well.
 - **The occurrence of thirst/drink/water is 18 – 18 means ‘Life’ in Hebrew!!!!!!**