

# COME INTO THE WORD

*with Sarah Christmyer*

## III. DESIRE THE LORD: HE KNOWS YOUR HEART

### The Samaritan Woman at the Well (John 4:5–42); Psalm 139

*“How precious to me are your thoughts, O God! How vast is the sum of them!” (Psalm 139:17)*

#### Reflect on the Talk

1. The Samaritan woman’s physical thirst is a metaphor for her longing. And her daily trek to the well mirrors her attempts to be satisfied. When your heart longs: what “wells” do you draw from, to be filled?
2. What area of emptiness in your life is particularly painful? How can you allow that longing to lead you to where Jesus waits, thirsty, for you?
3. Sarah spoke of thirst as the “heart of prayer.” Have you found that to be true? How?
4. Psalm 42 speaks of a passionate longing satisfied in God’s presence. How does the deer image help you understand that? How might praying with this psalm help you direct your own longing toward God?

#### Pray with the Word (lectio divina)

Continue praying with the gospel of the Samaritan woman at the well (John 4:4–42) or with Psalm 42 using this guide:

**PRAY** + *Come Holy Spirit, speak to me as I read your Word.*

(continued)



## READ

Read the passage several times. What word or words stand out to you? Write them here and pause a moment with them. Receive them in your heart, listening closely for the prompting of the Holy Spirit.

## REFLECT

Is there anything about this Scripture that you want to remember from Sarah's reflection on it? Do you have any new insights? Meditate where you feel drawn, and keep your heart open to hear.

## RESPOND

As you continue your meditation, allow it to become a conversation between you and the Lord. If you are reflecting on Psalm 42, you may find your voice in its words – if so, pray them with intention. Or if he speaks to your heart about something, answer. Talk to the Lord about what you hear.

**REST** + Remain quiet for a moment in his loving embrace.

## PRAY

*+ Most merciful and gentle heart of my God and Savior Jesus Christ, I beseech thee to draw me to thyself. Unite my heart to thine. Abide in me and allow me to abide in thee. May thy Holy Spirit be a river of living water flowing from within me. Amen.*

**Put Word into Action** – *“Blessed are those who hear the word of God and observe it.”* (Lk 11:28)

- St. Mother Teresa of Calcutta heard Jesus say to her, “I thirst for you” — and recorded his words in a letter which you can read [here at this link](#).
- For a way to more deeply meditate on the readings throughout the week either leading up to or following Sunday, download [40 Days in the Word: Pondering the Scriptures for Lent & Easter – Yr A](#).
- You might also like [“10 Ways to Keep the Word in Your Heart”](#).

God bless you as you read his Word!

