

HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD:

Based on John 4:5-42

Jesus arrived in the Samaritan town of Sychar and rested by Jacob's well around noon. A Samaritan woman came to draw water, and Jesus asked her for a drink. Surprised, she questioned why a Jew would speak to a Samaritan. Jesus told her that if she understood who he was, she would ask him for "living water," the kind that gives eternal life.

She pointed out that he had no bucket and wondered if he claimed to be greater than Jacob. Jesus explained that ordinary water satisfies only for a moment, but the water he gives ends spiritual thirst forever. She asked for this water, and Jesus told her to bring her husband. When she admitted she had none, he revealed knowledge of her past marriages, and she recognized him as a prophet.

She asked about the proper place to worship—Mount Gerizim or Jerusalem. Jesus replied that a time was coming when true worship would not depend on location but on worshiping God in spirit and truth. When she mentioned the coming Messiah, Jesus told her plainly, "I am he." The disciples returned, surprised to see him speaking with a woman. She left her jar, hurried to town, and told the people about Jesus. Many Samaritans believed because of her testimony and later because of Jesus' own words when he stayed with them for two days. They concluded that he truly was the Saviour of the world.



REFLECT

Water is essential for life. We need it to drink, to grow food, and to stay healthy. Jesus offers us something even greater than water—he gives us hope and a full, joyful life that begins now and lasts forever. Water also reminds us of how God rescued the Israelites by leading them safely through the Red Sea. We thank God for the freedoms and blessings that make our lives good.

In the Gospel story, the Samaritan woman shows us how Jesus cares for people who might feel left out. She was a woman, a foreigner, and someone others judged, yet Jesus chose to speak with her kindly and honestly. This is actually the longest conversation Jesus has with anyone in the Gospels. She is the first person he tells, "I am the Messiah," the one sent to save us.

Water is also a sign of something deeper. God pours love into our hearts, giving our lives meaning and purpose. This "living water" helps us grow into the people God created us to be. St Augustine said that the empty space inside us can only be filled by God's love, the living water Jesus gives. Water reminds us of baptism too. In baptism we receive the Holy Spirit, God's life and strength within us. During Lent we look forward to Easter, when new members of the Church will be baptised with blessed water. Baptism brings us together as one family, joined by God's love. We pray that, like those preparing for baptism, we stay open to the new life and deep faith God wants to give each of us.

LET US PRAY

Loving Jesus,

Thank you for giving us water to drink and for giving us the "living water" of your love. Thank you for caring for everyone, even people who feel left out, just like the Samaritan woman. Help us remember that you know us, welcome us, and stay close to us each day.

Fill our hearts with your Holy Spirit so we can grow kinder, braver, and more loving. Help us use our gifts to make the world better. As we prepare for Easter, open our hearts to the new life you offer. Bless everyone preparing for baptism, and help us live as one family of faith.

Amen.

MISSION

This week, your mission is to notice moments when you can share God's love—just like Jesus shared "living water" with the Samaritan woman. Start by remembering that Jesus welcomes everyone, even people who feel lonely or left out. Look around your classroom, playground, or home and choose one person you can include, encourage, or be kind to.

Each day, try to do one small action that brings "living water" to someone else: a smile, a helping hand, a kind word, or an invitation to join in. These simple things can make someone feel valued and loved.

Take a moment each morning to ask God to fill your heart with the Holy Spirit so you can be brave, gentle, and caring. At the end of the week, think about how your actions helped others feel part of the community.

Let God's love flow through you like living water.