

Community Circle

Woman at the Well Script

We invite you to find a comfortable position to sit in. Try to straighten your back somewhat. This will allow a better flow of air for deep breathing and relaxation. If possible, place the soles of your feet flat on the ground. We invite you to close your eyes.

Breathe in through your nose, 1, 2, 3, and hold, then release gently, 1, 2, 3 and pause.

Continue breathing like this. Pay attention to each breath as you inhale and exhale.



With each inhale, feel God's love, and with each exhale, let go of any negative energy.

Inhale... feel God's embrace... exhale... let go of any tension in your body.

Continue to breathe as we move into meditation to reflect on the Word of God.

Today we are going to put ourselves into the shoes of the Samaritan woman at Jacob's well. Listen as I read the story through from John 4:

Jesus left Judea and started for Galilee again. This time he had to go through Samaria, and on his way he came to the town of Sychar. It was near the field that Jacob had long ago given to his son Joseph. The well that Jacob had dug was still there, and Jesus sat down beside it because he was tired from travelling. It was noon, and after Jesus' disciples had gone into town to buy some food, a Samaritan woman came to draw water from the well.

Jesus asked her, "Would you please give me a drink of water?"

"You are a Jew," she replied, "and I am a Samaritan woman. How can you ask me for a drink of water when Jews and Samaritans won't have anything to do with each other?"

Jesus answered, "You don't know what God wants to give you, and you don't know who is asking you for a drink. If you did, you would ask me for the water that gives life."

"Sir," the woman said, "you don't even have a bucket, and the well is deep. Where are you going to get this life-giving water? Our ancestor Jacob dug this well for us, and his family and animals got water from it. Are you greater than Jacob?"

Jesus answered, "Everyone who drinks this water will get thirsty again. But no one who drinks the water I give will ever be thirsty again. The water I give is like a flowing fountain that gives eternal life."

The woman replied, "Sir, please give me a drink of that water! Then I won't get thirsty and have to come to this well again."

Jesus comes to me at the well.
It is midday; hot and uninviting,
but safe, for now.

Jesus speaks to me,
when all says
that he should not.

Jesus asks me to reach into the well,
when everyone else says,
you must not.

When have you felt the thirst of belonging?

When have you seen that thirst unquenched?

Where are you in this scene?

Are you seeking a safe place to be?

Jesus speaks, and different waters flow.
Waters of acceptance.

Waters of healing.

Waters of mercy.

Waters of inclusion.

Waters of commissioning.

Take, drink.