

Lenten Guided Prayer 2017

Restore us, O God!



Prayer Sheet 3: *We thirst*

Week starting March 19

Call to Prayer

Throughout our lives we will experience physical, mental, emotional, social, and spiritual thirst. Just as our bodies cannot survive without water, our spirits wither without the ***spring of water gushing up to eternal life*** (John 4:14) that Jesus offers.

Opening Prayer: *O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.* (Psalm 63:1).

Meditative Reading

Read **Exodus 17:1-7** and/or **John 4:5-42** and notice if there is a word or phrase to which God is calling your attention, or something you may not understand or haven't heard before. Pause to notice how that word or question resonates in your own life and then offer it up to God in prayer. Read the text(s) through a second time, allowing the word or question to deepen in you.

For Reflection

- In what ways has your body's physical experience of being thirsty taught you about spiritual thirst?
- What are you thirsty for this week?

Additional Prayer Options

Select a prayer suggestion from the list below that grabs you, challenges you, or causes you to question. You may stay with one way of praying throughout the week or try several options.

Praying with Scripture

John 4:5-26: Go to a quiet place and read the text through, speaking out loud the words of the Samaritan woman as you read. What are your thoughts and feelings as you position yourself in the text? What is your sense of this stranger who claims to be the Messiah? Read the text through again, this time speaking out loud the words of Jesus. As you get in touch with Jesus's part of the conversation, what do you notice about the woman you are speaking with? What do you notice about the relationship?

Thoughts and Reflections

Praying through your life

It can be easy to judge the seemingly ungrateful Israelites who are quarrelling and complaining. They have been delivered from slavery in Egypt, and yet they are overcome with the misery of their thirst. If you have an empty mug, bowl, vase, or water bottle with you in your place of prayer, hold it in your hands and contemplate the emptiness. You may also use the cupped hands image. Where are the empty places in your life? How have you, like the Israelites, sensed God's abandonment in times of desperate thirst? Notice how you are drawn to pray. Are you angry with God? Do you need to express your sense of betrayal? Are you needing to call out for help to trust in God? Offer your prayer to God.

Praying with music

Listen to, sing or play one of these (or your own) musical selections as prayer.

You are all we have

STJ 29

There is a well

Sing the Story (STS) 64

As the deer by Martin J. Nystrom

[Youtube: The Best of Marty Nystrom - As The Deer](#)

Praying with movement

As you walk or run outdoors this week, notice the ground and reflect on the intricate system of roots that trail beneath the surface. Trees and plants receive life-giving water through their roots. This vegetation cannot control if or when it will get watered; it receives as nourishment becomes available and perhaps sends its roots down a little deeper during dry seasons. What might the ground and the roots beneath its surface be inviting you to?

Praying for our world

By engaging with the Samaritan woman at the well, Jesus breaks cultural and social rules of interaction, establishing that God's love is available to everyone. No one is excluded from the life-giving water offered by Jesus. Just as there is a thawing of relationship between a Jew and Samaritan in this story, work at thawing relationships that may have become frozen in your own life. Pray for those who are excluded, those who do not have the love and resources they need to thrive. Commit to seeing each person you encounter as a child of God, loved and included in the Kingdom of God.

Closing Prayer

*LORD, you who stands on rocks and causes water to come out of them,
deliver me from my quarreling, complaining and thirst,
to discover the surprising and unexpected ways that you are providing for me
in the wilderness.*

Amen.