



Read: John 4:1-30

A Samaritan woman comes to a well to draw water and leaves having met with the Christ.

At first it is not the promised Messiah she encounters, just a Jewish man, who asks for a drink from the well. He is the one out of place here, upsetting social conventions, speaking in riddles, addressing her as though he knows her deepest thoughts, things she herself isn't even aware of. Startled at first, she is filled with wonder as she hears God's word to her. The household can wait for their water – she has seen the Messiah!

God is present in our world. We can meet God in our daily lives, even in the midst of the most mundane tasks. Everyday places can become opportunities for 'sacred' experiences. It is in the ordinariness of life that we least expect to encounter God, yet this is the very place where the power and presence of God can transform us.

Suggestion: Spend some time in prayerful reflection in a place that is part of your daily life such as your workplace or home, the bus, supermarket or community centre, school or college, a doctor's waiting room. Take time to reflect on the people and situations you see around you.

Pray: What is your prayer in this ordinary place?

Reflect: What have you noticed for the first time in this place?

Act: How does this experience change your attitude to the ordinary?