

## Reflection for March 1, 2026 – A Deep Dive

### Inspired by John 4:5-15, 21-30, 39-42

**“Everyone who drinks of this water will be thirsty again, <sup>14</sup> but those who drink of the water that I will give them will never be thirsty.**

A juicy little metaphor, a kind of a teaser and an invitation. An invitation into what I might call a “Deep Dive.”

But sir, the Samaritan woman asks, you speak of water that can give eternal life. What is that? I’m interested in this “living water.” “Show it to me.” I don’t want to be thirsty again stuck in the same situation I am now with no prospects. I don’t want to come back to this well time after time just so I can survive. Are you saying there is something else? What is this eternal life you speak of?

Follow me and I will show you the promise that God has made. I will show you the path to enlightenment, the path that leads us forth into kind and caring relationships. I will show you that reconciliation among enemies is possible. And I will show you that you are loved regardless of your standing or your situation. I will show you inner peace.

The time is coming says Jesus when, in accepting God as spirit and truth, you will be followers. God seeks such followers to journey with me, speaking of justice, peace and right-relations. God asks you to walk with me on a path of healing through unconditional love. That is “living water,” water flowing from our hands, feet and hearts to quench the thirst of the needy. Through your actions of generosity, others may be fed and hope restored.

The Samaritan Woman is a social outcast, out of place from Jesus and his community. She is a relative nobody and is not even named. She is an unfulfilled soul, someone struggling with her value and worth. Perhaps she may even have doubt in her God.

Just sitting next to Jesus is a sign of acceptance but she needs more. She needs Jesus’ living water, the promise of hope in despair, light in the darkest regions of her experiences, relief from doubt and suffering and love, pastoral, healing love when needed. But she doesn’t know how to get it. How does she receive such an incredible gift, the gift Jesus offers? She is going to have to trust and believe in him. She has to walk with him.

I see her journey as a deep dive.

I recall a much younger man who, rather arrogantly, denied the spirit of God. He said it was just myth. His ears were closed to the master’s love song. His eyes shut off from the beauty of creation. His heart was unaware of the healing power of the Holy Presence during grief.

At first a toe tested the water. He sat in a chair during a church worship service. There were no sharks. The minister spoke about generosity and social justice. He was curious.

He waded in up to his waist and opened a book called the bible. It didn’t bite as he thought it might. It was filled with strange names and odd places. He allowed his curiosity to wander, and it was answered with parable, which spoke to him about kindness, forgiveness, light and love.

He went deeper, up to his chest and he couldn’t believe he floated. He floated with a lifejacket of possibility. Could it be he wondered that Jesus was right. When neighbour greets neighbour, hands do not need to be clenched into fists, and caustic accusatory words are not the first things to be uttered. Possibly there is opportunity for reconciliation, for building up, not breaking down.

Before he knew it, he was up to his neck and the seas became rough. Criticisms, accusations, bullying, even betrayal. This was surely enough to overwhelm his seaworthiness and cast him adrift. But somehow, miraculously, he found a different kind of lifejacket. The creator was there and offered

him a small boat. She said, you have to row, and row hard. But you will make it. I will be waiting at the shore for you. He did and she was.

After that he dove in, headfirst and he started a deep dive. That dive took him to places he never could have imagined. It hasn't been easy. Sometimes he has had to hold his breath for a long while. Other times his oxygen tank has been on empty. But somehow, somehow, he managed to keep on swimming. Along the way Jesus has been his lifeguard saying, yes keep going, you are needed, you are one of my disciples.

And God, well God of course has been there as a companion. Holy Compassion has been there listening to his woes and giving him pep talks. Holy Love has been there nurturing, guiding, reassuring. And as he completed the deep dive, he received a great gift. I'll tell you about that in a minute.

Like many of us today, bombarded by negativity, we are more inclined to exist in survival mode than in a hopeful place. Either that or we are jaded by our perceptions that nothing is ever going to change. I expect we all can imagine what kind of response Jesus would get if he offered the gift of living water to us in such circumstances.

What does this living water really have to offer us? That is what the Samaritan woman wondered too.

Jesus had travelled a long way through Samaria. He was parched and so he sat down at the well. He needed a drink of life-sustaining water. It is something the Samaritan woman could give him. Our gospel story doesn't confirm it, but I can't imagine he left thirsty. Unexpectedly the woman also received a nourishing drink, one that could have changed her life if she accepted it. It was there if she choose to take a deep dive, accepting Jesus in her life.

We are fortunate enough to be beneficiaries of both thirst-quenching life sustaining water and living water as well. We nourish one another with kindness, generosity, and love in our ministry together. And we receive the living water of Christ when we make the deep dive into the Creator's arms. It is a journey, and it's a miracle.

I mentioned that there is a great gift in that journey, that deep dive into the spirit. I know because I found it. At the bottom of your dive, you will find an oyster. Inside is the brightest pearl you have ever seen. It's Eternal Life!

Take the dive!

Thanks for listening this morning, Amen