



DIOCESE OF SCRANTON

ROOTED IN CHRIST

LENT 2022



THIRSTING *Thursday*

"Jesus stood and cried out,
saying, If anyone thirsts,
let him come to Me
and drink."

-John 7:37

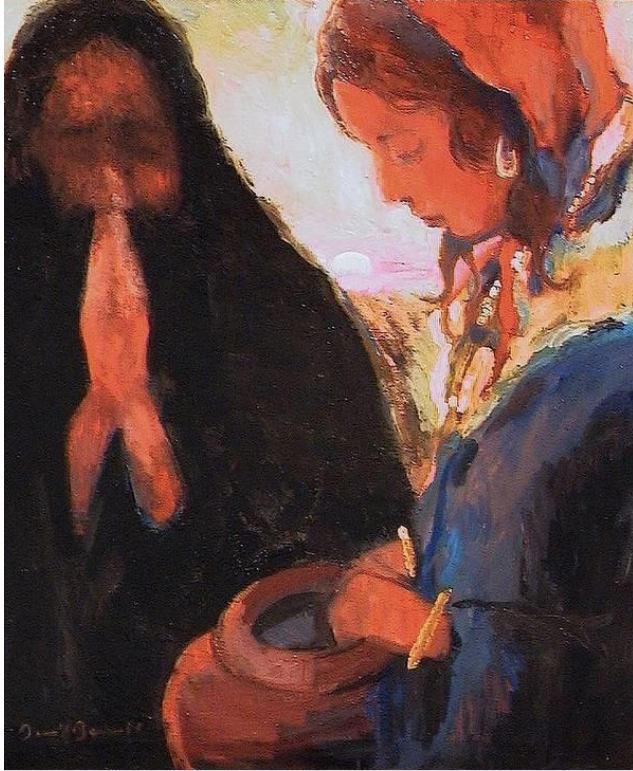
During Lent, we have the chance to empty ourselves, so that God can fill us up.

God has placed within each of us a desire to know, love, and serve Him.

Each of us has that longing built into us, and yet so often we try to satisfy our longing for God with things other than Him. Fr. Robert Barron wisely says that when we try to satisfy the hunger for God with something less than God, we will naturally be frustrated, and then in our frustration, we will convince ourselves that we need more of that finite good, so we will struggle to achieve it, only to find ourselves again, necessarily, dissatisfied. And so goes the continued cycle of more, more, more...which can never be enough. This is the stuff of which addictions are made.

Today, a simple suggestion

- Reflect on the story of the Samaritan Woman at the Well. [Click here](#) to read the story in John's gospel.
- Prayerfully consider one "well" you may be going to frequently in your own life.
- Allow yourself to observe the ways in which you remain unsatisfied.
- Ask God to help you recognize the emptiness you are trying to fill.
- Spend some time in prayer asking for God to fill this part of you with his Presence.



"Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst." John 4:14

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Diocese of Scranton
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