

Lenten Reflections 2018

The Seven Last Words of Jesus



The Seven Last Words of Jesus—Week 5: “I’m Thirsty.”

By Sister Eileen O’Connor

Meditation

“Jesus knew that now all was completed, and to fulfill scripture perfectly, he said, ‘I’m thirsty.’ There was a jug of cheap wine nearby, so they put a sponge soaked with the wine on a hyssop stick and raised it to his lips” (John 19:28-29).



Imagine that you are standing at the foot of the cross. Now hear Jesus say, “I’m thirsty.” How do you feel when you hear these words? Do you wish you could give Jesus some water? Recall some of Jesus’ many teachings and miracles which took place around water. Recall another time when Jesus was thirsty, at the well. He asked the woman at the well for a drink of water, and he changed her life (John 4:1-26).

Reflection

Can you guess how many times in your life you have said, “I’m thirsty”? What happened next? Did you usually then enjoy a drink of water?

Nearly 1 billion of our brothers and sisters may say “I’m thirsty,” but they do not enjoy a drink of water. They have no access to clean drinking water. They suffer from many water-related diseases. In fact, every day, tens of thousands of children die of preventable water-related diseases. Water is life, as our Native American friends remind us.

Pope Francis tells us in his encyclical, *Laudato Si'*: “Access to safe drinkable water is a basic and universal human right, since it is essential to human survival Our world has a grave social debt toward the poor who lack access to drinking water, because they are denied the right to a life consistent with their inalienable dignity. ... In some places there is a growing tendency, despite its scarcity, to privatize this resource, turning it into a commodity subject to the laws of the market.” Bottled water is a billion-dollar business today.

Invitation

The Sisters of Mercy have a commitment to work zealously toward the sustainability of all life by caring for Earth’s ecosystems, including advocating for the fundamental right to clean water.

Reflect on our many uses of water and reverence this gift in new ways. Take a contemplative walk near a body of water. Eliminate bottled water whenever and wherever possible. Instead, carry tap water in recyclable bottles. [Sign up for Sisters of Mercy action alerts](#) about Earth and other pressing concerns. Whenever you use water, recall Jesus’ words—“I’m thirsty”—and listen for his inspiration.

Art by Sister Genemarie Beegan