

Experts in wilderness survival talk about what they call the “Rule of Threes.”

The “Rule of Threes” is that a normal healthy human being can survive for:

*3 minutes without air,  
3 hours without shelter,  
3 days without water,  
3 weeks without food.*

Of course your own individual results may vary. Deep sea divers condition their bodies to go for minutes on end without breathing. And ultra-marathon runners will often run for hours in the outdoors ... and in all sorts of weather conditions. But the “Rule of Threes” relates to the so-called “average” person.

In the first reading, we hear about the Israelites in the desert ... once again grumbling against Moses and against God. They’re pining for the years of slavery in Egypt ... when they were fat, dumb, and happy ... they’re quick to forget what slavery was like ... and they fail to appreciate not only their freedom - but the power of God.

In the Gospel, Jesus asks the woman at the well for a drink. She starts citing all these customs and prejudices - lecturing him on who he’s supposed to be talking to, whose bucket and whose cup he should be using ... turning Jesus’ simple request into some sort of a theological monologue.

She moves from taunting Him ... to mocking Him when Jesus speaks of “Living Water” ... pointing out that He doesn’t even have a bucket.

But something in the way He tells her about the “Living Water” convinces her that this is something she wants and she says:

*Sir, give me this water.*

The “Living Water” is the Holy Spirit, the graces from Whom we received at our Baptism ... the graces we receive and which are strengthened and renewed in all of the Sacraments.

We can have no supernatural life ... without the Holy Spirit.

Not for 3 hours ... not for 3 minutes ... not even for 3 seconds.

Pope Francis, last year, said:

*The living water that is the Holy Spirit quenches our lives because it tells us that we are loved by God as His children, that we can love God as his children, and that by his grace we can live as children of God*

And this echoes what we already heard in the second reading, where St. Paul assures us that:

*we have peace with God through our Lord Jesus Christ*

because:

*we have been justified by faith*

And because of the graces we receive:

*we boast in hope of the glory of God.*

In all of this,

*God proves his love for us*

because

*while we were still sinners Christ died for us.*

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ: let us ask for this “Living Water” ... the infinite graces poured out by the Holy Spirit ... to transform us from the people we are ... into God’s children by grace.

May this Eucharist strengthen us in Faith, Hope, and Love ... so that we may prove by our words and our actions that:

*the love of God has been poured out into our hearts through the Holy Spirit who has been given to us.*