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**"The water I shall give will become in him a spring of water welling up to eternal life."**  
(John 4: 13-14)

The living water that Jesus talks about is the love that he brought on earth. This love gives us new life and this life lasts for eternity.

Every time we try to live the Gospel, it's like drinking a drop of living water.

Every gesture of love for others is like taking a big gulp of that water.

All that's needed is a smile or a word or a simple gesture of understanding that will give us again the feeling of being full, deeply satisfied and overflowing with joy!

Then there's also a bottomless well we can draw from - **Jesus in our midst! He is with us when two or more of us are united, trying to love one another with His love.**

That's when we will feel free, united and full of light, and torrents of living water (= joy) will burst from our hearts.



From a commentary by Chiara Lubich  
Adapted by the Gen 3 Center

## "Whatever you do..."

Since I was running late, I was rushing ~~on~~ my way to church one Sunday morning when I saw an elderly blind man trying to find his way. First I thought that he probably could see a little with one eye, but then I realized that he was bumping into things so he really couldn't see.

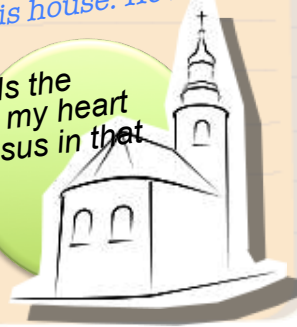
I thought of Jesus in him and that this was the moment to show him my love. I went up to him and asked where he was going. He told me he wanted to go to the store to buy some milk and bread.

I took him by the arm and slowing we walked toward the store. When we got there, I asked him to give me the money to buy the things and I went into the store to get them.

When I came out, I told myself: **"I can't leave him alone again, because it will be very hard for him to get back home! I have to love him right to the end!"** So I walked with him all the way to his house. He really thanked me a lot.

As I was running towards the church I felt great joy in my heart because I had loved Jesus in that blind man.

(David – Nairobi, Kenya)



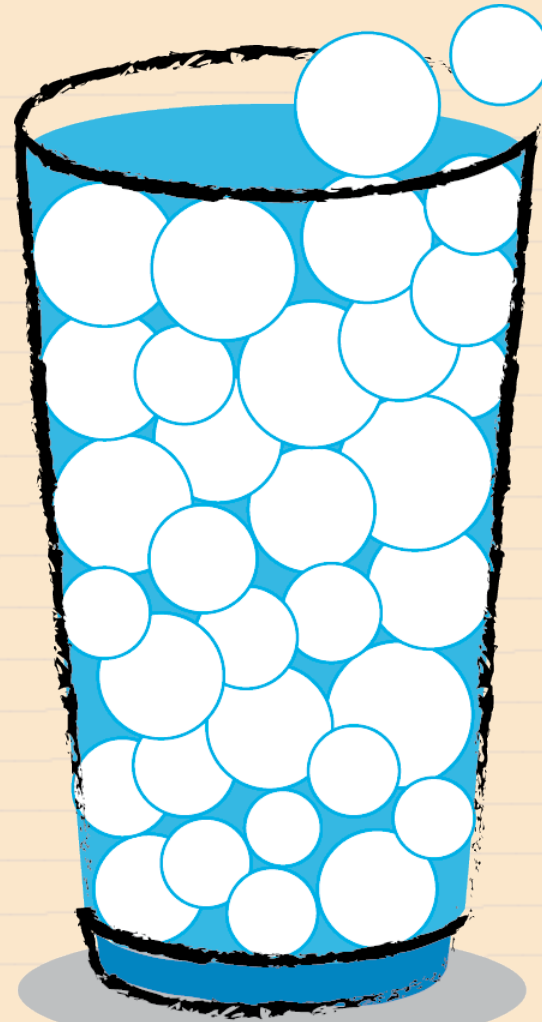
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*Whenever you do an  
act of love for  
someone, you can  
color in a "drop" of  
water.*

*Drop after drop we  
will soon fill up the  
glass, until this love  
will overflow onto  
many other people.*

*Then we can share  
these experiences  
when we meet with the  
other Gen.*



My commitment: