

## Words from the Gospel according to St John

'Jacob's well was there, and Jesus tired out by his journey, was sitting by the well. It was about noon' (John 4:6)

I have been teaching a week long program at St John's on rest and Sabbath principles for everyday. This verse is one I had at the core. I have been captivated by these words for weeks now. I have completed a water color of the scene and this poem arose out of encounter with these words also. I wanted to share.

### Sitting at the Well with Jesus

A young man in his twenties  
He's tired out  
All that people work  
All the walking  
All the responsibilities  
All the pressures  
It's a blistering hot day  
He's done, sweet Jesus  
He's done, tired out.  
He sees a well ahead  
Make shift seat next to it  
The odd water jars near by too  
He drops his whole body weight  
Then his tired sweaty head  
He rests on the well ledge and side  
He can smell the water  
That crisp fresh water  
He falls asleep  
Soothed by the water smell  
Soothed by the noise  
Soothed by the stone pillow  
The well top his pillow  
Like Jacob resting on his  
If Jesus got tired out  
If Jacob did  
If they needed rest  
If they succumbed to rest  
If they allowed themselves to rest  
If Jesus needed to sit by the well  
Every human needs to sit at the well  
Daily and often  
Such sacred rest  
Such beautiful well sitting  
Has been made sacred and holy  
Let's sit at the well with Jesus  
Sleep and sit our aches  
Into sacred oblivion