



A Woman of Voice

For me, the Woman at the Well ([John 4:1-42](#)) is one of the great examples of finding and giving voice. She was casually at the well to get water, but had no special awareness of the encounter she was about to experience. She was open, she questioned, she took in Jesus' message, she processed it for herself and knew she had received Good News. Because of this, she ran into town

and told others of her experience. They, too, were amazed and were left with a sense of wonder. She found her voice and she gave to others.

I believe we all have similar experiences, “aha moments” or just plain and simple awareness connections. We experience these as a walk in the woods or even just down the sidewalk or road, standing in line at the grocery store, waiting for an appointment, reading a book or newspaper, etc.

The voice within is calling us to be mindful and aware of the many

possibilities we have to give voice. What does that mean? It means to trust the God given goodness within us and to reveal it in simple loving ways by reassuring a friend or relative, smiling, enhancing relationships with love, extending a helping hand, listening to someone.

Taking prayerful time with our inner awareness and openness allows God to work in and through us. And, like the Woman at the Well and the Ephesian's scripture ([3:20-21](#)), we may be led in ways and do immeasurably more than we ever thought or imagined.

You are invited to read a related piece: “Speaking Inner Secrets.”