

Post-it challenge:

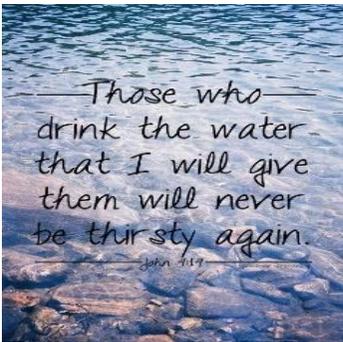
In Hebrew, the word for “well” is the same as the word for “to see.”

Imagine yourself by the well, looking down at the water. The water is like a mirror. If you look closely, you can see not only yourself, but your whole community around you, filled with people of all ages and backgrounds. Jesus offers living water to each of us, not only for ourselves, but for us to share.

- Reflect on whether we ever go out of our way to speak to new people and show them love.
- How can you act like a well or a reservoir by overflowing with love instead of keeping it to yourself?
- How will you share the ‘living water’ with those around you today?



Let us pray:



Every time we pray we can have a personal conversation with Jesus just like the Samaritan woman. God loves you and cares for you, whatever your situation. Open your heart up in prayer and allow God to speak to you. The living water – the life that Jesus offers – is for you too.

*Lord,
You are the living water, bringing life to all.
Let your Spirit flow within us enabling us to show your goodness and humility to others in all that we do.
Amen*

Gospel: 3rd Sunday of Lent, Year A

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob’s well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, ‘Give me a drink.’ His disciples had gone into the town to buy food. The Samaritan woman said to him, ‘What? You are a Jew and you ask me, a Samaritan, for a drink?’ – Jews, in fact, do not associate with Samaritans. Jesus replied:

‘If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.’
‘You have no bucket, sir,’ she answered ‘and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?’

Jesus replied:

‘Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.’

“Sir,” said the woman, “give me some of that water, so that I will never be thirsty again.”

John 4:5-15



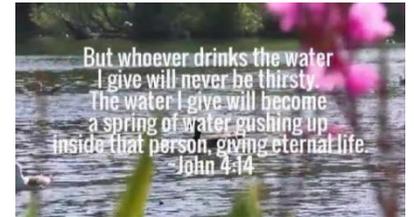
“God’s love is a spring of living water which flows constantly into the lives of those who pray”

St Louis de Montfort

Reflection:

Today’s Gospel compares God’s love for us as a spring of living water flowing into our hearts. We hear a story about Jesus talking to a Samaritan woman at a well. In a fairly dramatic encounter, we see the social boundary-crossing, typical of Jesus. At that time, a Jewish person would never have spoken to a Samaritan nor would it have been culturally acceptable for a man to be alone with a woman unless they were married or related. Jesus didn’t have to go through Samaria to get to where he was going. He went there specifically to find someone who was different to him/not a friend of his and his intention was to share what he knew about God with her. He loved her (by bringing her forgiveness and an understanding of God’s love for her), even though he didn’t know her.

This gospel reminds us that God loves all people regardless of race or religion and whatever



their personal situation. God asks us to be like Jesus and to respect and care for all people no matter what! We can take the message of this story to be about our human thirst, something deep within us that we cannot even explain. Christ alone can fill the hole deep inside of us that we stuff with so many other things on our earthly journey. When we’ve found Him our lives are transformed and made new. The Samaritan woman went against the tide when she accepted Jesus as her Saviour. Perhaps we too can go ‘against the tide’ when we see someone who needs our help or when we need to stand up for what is right. In this way we too become disciples of Jesus just like the woman at the well.