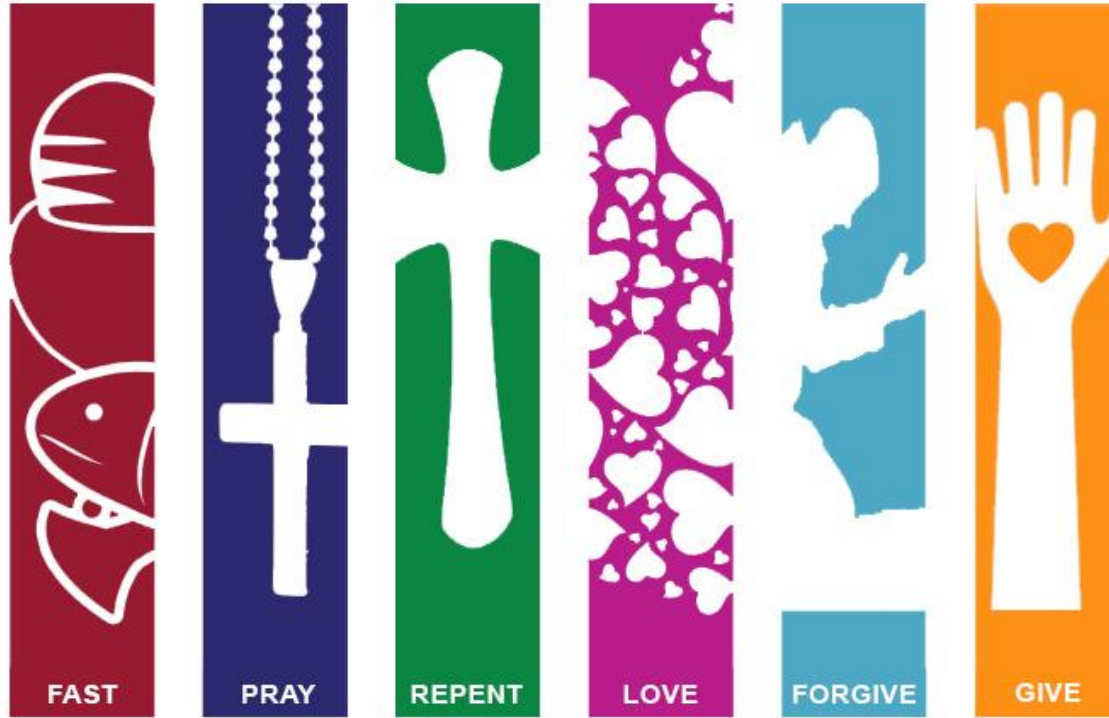




LENT

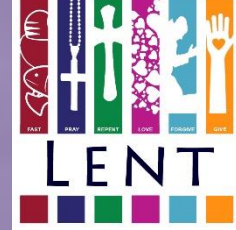




LENT



**This Sunday's Gospel Reading**  
**3rd Sunday in Lent Year A (John 4: 5-42)**



So he came to a city of Samaria, called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, and so Jesus, wearied as he was with his journey, sat down beside the well. It was about the sixth hour.

There came a woman of Samaria to draw water. Jesus said to her, "Give me a drink." For his disciples had gone away into the city to buy food. The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" For Jews have no dealings with Samaritans. Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have nothing to draw with, and the well is deep; where do you get that living water? Are you greater than our father Jacob, who gave us the well, and drank from it himself, and his sons, and his cattle?" Jesus said to her, "Every one who drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, that I may not thirst, nor come here to draw."

Jesus said to her, "Go, call your husband, and come here." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and he whom you now have is not your husband; this you said truly."...

The woman said to him, "Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that in Jerusalem is the place where men ought to worship." Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming (he who is called Christ); when he comes, he will show us all things." Jesus said to her, "I who speak to you am he." Just then his disciples came. They marveled that he was talking with a woman, but none said, "What do you wish?" or, "Why are you talking with her?" So the woman left her water jar, and went away into the city, and said to the people, "Come, see a man who told me all that I ever did. Can this be the Christ?" They went out of the city and were coming to him.

Meanwhile the disciples besought him, saying, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Has any one brought him food?" Jesus said to them, "My food is to do the will of him who sent me, and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are already white for harvest. He who reaps receives wages, and gathers fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labour; others have laboured, and you have entered into their labour."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me all that I ever did." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of your words that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world."

**The word of God**

# Prayer One

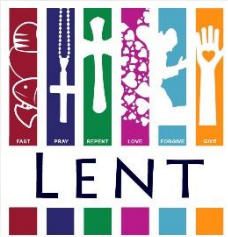
## The Sign of the Cross

Let us remember that  
everything we do is  
In the name of the Father,  
and of the Son, and of the  
Holy Spirit. Amen



## *Reflection*

*In this week's Gospel, Jesus describes himself as the Living Water.*



**In John's Gospel, Jesus often describes himself by likening himself to things that people will be familiar with. For example, he calls himself the Good Shepherd, the Living Bread, the Cornerstone, the True Vine, the Gate of the Sheepfold, and others. All of these things are good things and all of them say something positive about Jesus and about what he offers to the world.**

**In this week's Gospel, Jesus describes himself as the Living Water.**

**Have a think about what water does? It refreshes us, it keeps us alive, it satisfies us, it makes us feel less thirsty and desperate.**

**Jesus is trying to make a fairly obvious point... He can do all these things for us**



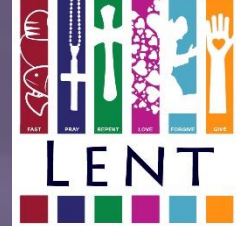
# Final Prayer

**LOVING FATHER...**

**You gave us life and you continue to give us things to make that life the best that it can be.**

**Help us to be fed by the things you offer us and help us to use them to be the amazing people you created us to be.**

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**



# Prayer Two

## The Sign of the Cross

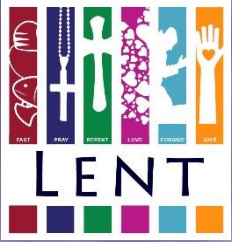
**Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen**

### *Reflection*

*On Ash Wednesday, when the minister put  
the cross of ash on your forehead, you may  
have heard the phrase 'turn away from your  
sin and be faithful to the Gospel.'*





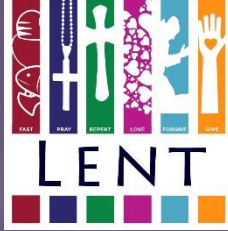


**That phrase is a reminder of the fact that we all make mistakes from time to time and a reminder of the fact that God is always ready to forgive us if we turn to him and ask.**

**In this week's Gospel, Jesus approaches 'the woman at the well' and he show her how much he cares for her. He also challenges her to turn away form her past mistakes.**

**Jesus isn't doing this just because he wants the woman to follow his set of rules. He is doing it because he wants the woman to life a truly happy and rich life and to become everything that she can be. He knows that her sins are holding her back, and that's why he challenges her to turn away from them.**

**He offers the same challenge to us this Lent, and indeed throughout our lives...**



# Final Prayer

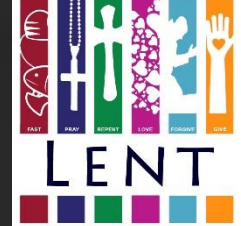
**LOVING FATHER...**

**You draw a path for our lives that is beautiful, happy and rich. It's not always easy, but it is always worthwhile. Help us to keep to that path and to be strong in resisting the paths offered by the world.**

**In the name of the Father and of the Son and of the Holy Spirit**

**Amen**





# Prayer Three

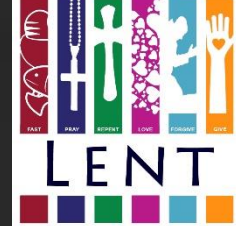
## The Sign of the Cross

Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen

### *Reflection:*

*Jesus' message is for everybody And so,  
he reached out to the lost, the lonely, the  
vulnerable, as highlighted in this weeks  
Gospel*





**The woman at the centre of this week's Gospel story is a Samaritan. As you probably remember from the story of the Good Samaritan, they were a people who weren't particularly popular among the Jews. The Jews distrusted them and would even often cross the street to avoid having to brush past them on the pavement. But Jesus was different. He was in it for everybody. His message and his salvation were universal, and they still are. And so, he reached out to the lost, the lonely, the vulnerable. The Samaritans, who people didn't go near. The Lepers who spread disease, the tax collectors, prostitutes and other sinners who the rest of society liked to feel superior to... the list goes on and on.**

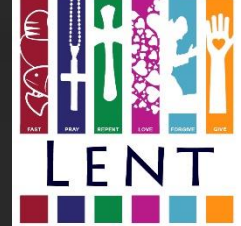
**Jesus challenges us to do the same.**

**Who are the people in your life who are marginalised and poor? The people you often pass by?**

**The people society tells you aren't worth bothering with?**

**Can you give those people another look, maybe?**





# Final Prayer

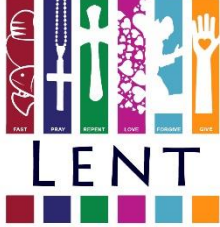
**LOVING FATHER...**

**Help us to do what you do and to reach out a loving hand to everybody without discrimination or prejudice.**

**IN THE NAME OF THE FATHER, AND OF THE SON,  
AND OF THE HOLY SPIRIT.  
AMEN.**



# Final Thought...



Whoever believes in me  
streams of living  
water will flow  
from within him.



- John 7:38 -

***Next Weeks Theme: Witness***