



TO THE HEIGHTS

LIVING MISSION, JUBILEE AND BEYOND



Week 1: Seeing others

Gather

Set up a focal point with a backpack. Explain that this Lent we will be going on a journey, listening to stories of Jesus and the people he meets. We will be taking his example of reaching out to people, and putting it into action.

Intro question: Point to the backpack and ask the children what they would pack for a journey.

Add water to the focal point when someone suggests bringing it, and introduce today's Gospel reading:

Jesus stopped to get water on his journey. We're going to hear how he spread God's love in this Gospel reading.

- ☐ Well printout (Appendix 1)
- ☐ Water drop post-its/paper cut-outs (Appendix 2)
- ☐ Bible
- ☐ Pens and pencils
- ☐ Backpack and water
- ☐ Week 1: Seeing Others PowerPoint

Listen

Jesus and the Samaritan Woman (John 4:7-14)

Ask the Children what they think is happening in the picture (Slide 4), then share a summary of the story with the children, or read the full story from the Bible.

Jesus was travelling to Galilee and stopped to rest by a well in Samaria because he was tired. While he was there, a Samaritan woman came to collect water. She chose a quiet time of day, when no one else would be around, because her life had been difficult and she was often judged by others. The woman was surprised when Jesus spoke to her. Jews and Samaritans usually did not talk to each other, but Jesus did not let this stop him. He spoke to her with kindness and respect. He listened to her and treated her as someone who mattered. During their conversation, the woman began to realise that Jesus truly knew her and understood her life. He did not turn away from her past or judge her. Instead, he offered her hope, showing her that she was seen, valued, and never alone. After meeting Jesus, the woman felt changed. She was so full of joy and confidence that she ran back to her community to tell them about him. Her encounter with Jesus helped her find new purpose, and she became someone who shared the Good News with others.

Respond

- How do you think the woman felt when Jesus spoke to her and treated her kindly?
- Jesus noticed the woman and listened to her. How could you make someone feel included today?
- After meeting Jesus, the woman shared the Good News. What small acts of kindness can we do this Lent to show Jesus' love to others?

Jesus shows that everyone matters. No one is too different, too lonely, or too left-out for Jesus. The SVP is all about befriending people who might feel lonely.

Call to Action

Every journey needs water, and we see this when Jesus asks the woman at the well for a drink. In today's Gospel, Jesus meets someone who feels lonely and ignored, and his kindness makes a big difference in her life. Print of a copy of the well, A3 size. Give each child a "water drop" sticky note or cut-out **Ask:** "What is one kind thing you can do this Lent to help someone feel noticed, listened to, or less alone?" Children write their idea on a water drop and place it in the well. This is the first addition to your display.

Just like Jesus stopped, spoke, and showed kindness to the woman at the well, our small actions can help others feel valued and loved. When we are kind, we help fill our community with hope.