

# 3rd Sunday of Lent (Year A)

**John 4:5–15, 19b–26, 39a, 40–42**

**'A spring of water welling up to eternal life.'**

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. A woman from Samaria came 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 for a drink from 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 water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will 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, so that I will not be thirsty or have to come here to draw water. Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people 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 is now here, when the true worshippers will worship the Father in spirit and truth, for the Father is seeking such people 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 tell us all things.' Jesus said to her, 'I who speak to you am he.'

Many Samaritans from that town believed in him. 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 what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Saviour of the world.'



## Reflection

In today's Gospel, Jesus meets the Samaritan woman at the well in the middle of an ordinary day. She has simply come to collect water, and yet this everyday moment becomes life-changing. Jesus is tired and thirsty, and he asks her for a drink – crossing social, cultural and religious barriers to speak with someone others would ignore. He listens to her, respects her and reveals who he is. He doesn't judge her or avoid her; he meets her with honesty, dignity and love. For us as Vincentians, this is a powerful reminder that we meet Christ in real, everyday encounters – in school, at home, in our SVP group, and especially in the people we help. The "living water" Jesus offers is hope: hope that refreshes, restores and gives new life. A simple conversation, a kind word, or really listening to someone can become that living water for them. The question for us is: will we be brave enough to cross barriers, to see the person in front of us, and to let Christ's love flow through us to others?

## Materials needed

- o Paper
- o Pens

## Activity

If you had a moment to have a conversation with Jesus, what would you say? What questions would you like to ask Him?

Take some time to write down what you would say to Jesus including all your questions. Think about these carefully. Once you have done so, find a quiet space to talk to Him silently in your heart or even out loud. Jesus is always with us, and ready to listen.

## Call to Action

Jesus is always ready to listen to us. How can you be ready to listen to others? Try and talk to 3 new people this week.