



3rd Sunday of Lent

John 4: 5-15 (full reading: 4:5-42)

So he 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."

Some things to think about...

- 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?

Activity

- On your waterdrop template write: What is one kind thing you can do this week to help someone feel noticed, listened to or less alone?

Materials needed

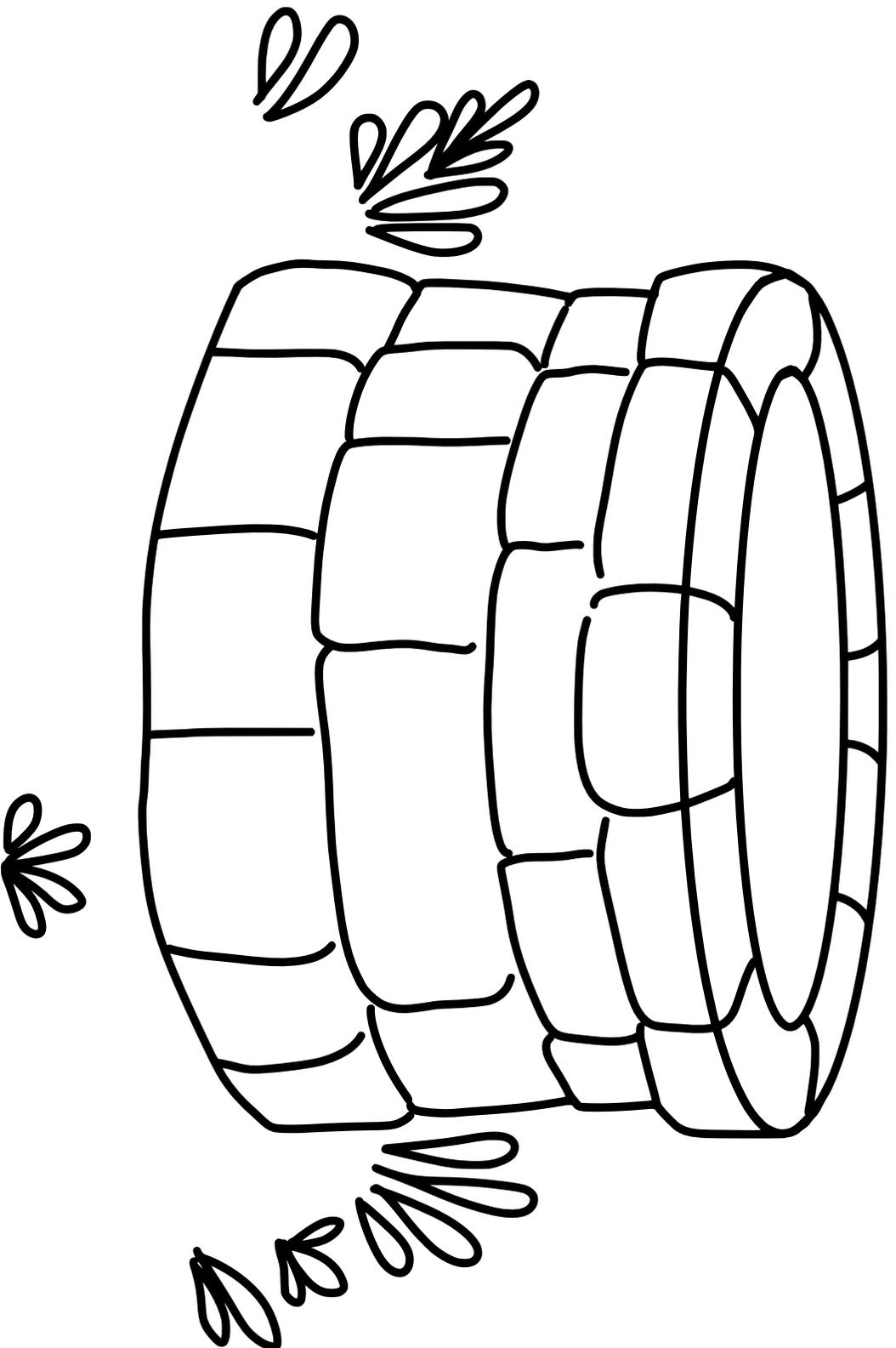
- Waterdrop templates
- Well of Kindness poster
- Pens/pencils

Teacher's notes

The Samaritan woman is so surprised at Jesus' interaction because their own communities did not get along. The woman was also an outcast in her own town, so she felt seen by Jesus.

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. This activity is a good opportunity for the children to reach out to other people.

Our Well of Kindness



St Vincent
de Paul Society

England and Wales

Turning Concern Into Action

✉ Youngvincentians@svp.org.uk

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To help others feel less
lonely this week, I will...



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