



CELEBRATING AT HOME
3RD SUNDAY IN LENT

Come and drink (John 4:5-16, 19-26, 39-42)



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Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

We stand in your presence, O God;
and we praise your holy name.

May your mercy be upon us, O Lord;
as we place our trust in you.

Show us your mercy and love;
and grant us your salvation.

Preparing to hear the Word

We have been called by God to be the Church,
the Body of Christ in this world.
We are not a building, but a people,
gathered and grounded in the Word of God,
the love of Christ and the unity of the Holy Spirit.

Like the woman of Samaria we thirst for living water.
**We yearn for love from the deepest place of our
human heart.**

We hunger for the truth hidden in our religious
tradition.

Give us the living water, O God.

Lord Jesus Christ, you are the door by which we enter
the mystery of God's never-failing love.

You are our fountain of Living Water.

Out of darkness, dust and ash,
**you raise a people ready to worship in spirit and in
truth.**

Holy Spirit come!
**Heal us with your love,
so that we may bear fruit once again.**

Scripture Reading (John 4:5-16, 19-26, 39-42)

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 may never get thirsty and never have to come
here again to draw water. I see you are a prophet, sir.
Our fathers worshipped on this mountain, while you
say that Jerusalem is the place where one ought to
worship.' Jesus said:

'Believe me, woman,
the hour is coming
when you will worship the Father
neither on this mountain nor in Jerusalem.
You worship what you do not know;
we worship what we do know:
for salvation comes from the Jews.
But the hour will come
– in fact it is here already –
when true worshippers will worship the Father in
spirit and truth:
that is the kind of worshipper the Father wants.
God is spirit,
and those who worship
must worship in spirit and truth.'

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The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

Reflection - *Come and drink*

Last Sunday the Gospel of the Transfiguration completed the 'little parable' which begins Lent. The Gospels of the first two Sundays describe what Lent is about and what Christian life is about: a constant journey from temptation and doubt to transfiguration and faith; a journey away from allowing ourselves to be tempted to evil and towards allowing ourselves to be tempted to good by the action of God's Holy Spirit within us.

The Gospels of the next three Sunday make clear that the Way from temptation to transfiguration is in and through Jesus Christ who is Living Water, Light and Life for the would-be disciple. They are three great stories from John about responding in faith:

- The Woman at the Well – coming to faith despite barriers, personal history, differences of religious tradition, circumstances of life.
- The Man Born Blind – Faith grows amidst all sorts of trials and the doubt of others.
- The Raising of Lazarus – Faith tested by the ultimate: death.

The first of the three 'great Gospels' of Lent is ours this weekend: the encounter between Jesus and the Samaritan woman.

The ground-work for the Gospel is laid in the first reading from Exodus. The people are thirsty, God gives them water even though they grumble against him and 'put him to the test'.

From the story of Jesus' encounter with the woman we might gather that faith comes through personal encounter with Jesus who offers us the living water of his Spirit. Jesus offers us his spirit in spite of all kinds of barriers, our personal history or circumstances and our often stubborn reluctance. Faith is a journey – it takes time to understand what is being offered and who is offering it. Some barriers about religion or religious practice need to be transcended to enter fully into faith which does not depend on cultic rituals. Faith makes us into missionaries, evangelists, proclaimers of Good News.

Water is a powerful symbol of life. You can last many days without food, but only a few without water. In our Christian tradition water is a strong symbol of the life of God which sustains us and brings our hearts to life. That is why we use it in Baptism and to bless objects and ourselves. The living water Jesus promises is his Spirit. A spirit which heals and transforms; which revels in the experience of God's love and mercy; which cannot help but proclaim God's goodness.

Our fresh encounter with the spirit of Christ this Lent heals and transforms us, and makes us into a "living gospel for all to hear".

Quiet time for reflection

Lord's Prayer

Closing Prayer

Eternal God,
through your Son
you revealed your mercy to the woman of Samaria
and in your great love,
you have offered life and healing to all.
Pour out on us the living water
which is the spirit of your Son.
Through Christ, our Lord. **Amen.**

Blessing

May your blessing be with us, O Lord,
keeping us safe,
and bringing us to life.
Amen.



Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



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