



# LENT

# Faith Conversations

Week of March 8-14

**SUNDAY READINGS:** Exodus 17: 3-7, Psalm 95, Romans 5: 1-2, 5-8; John 4: 5-42

## ADULT REFLECTION

In this week's First Reading we hear the story of God providing water for his thirsty people in the desert. Paul describes the Love of God himself— the Holy Spirit — as being “poured” into our hearts. And our Gospel, the Samaritan Woman at the Well, is jam-packed with food for thought and prayer.

We feel thirst because our bodies need water. In the Gospel, Jesus speaks of a spiritual thirst. Our hearts, too, feel a need . . . though it can be harder to name or satisfy. Jesus helps the Samaritan woman get in touch with her own existential thirst, and then reveals himself as the living water that alone can quench it. Take some time to re-read this long and very rich Gospel. Pay attention to the give-and-take in the dialogue and the change gradually occurring within the woman because of her encounter with Jesus.

This was a woman who, culturally and religiously, was an unworthy outsider. And yet Jesus reveals himself to her personally with a clarity we don't often see in the Gospels. He seems to experience joy and satisfaction in refreshing her own deepest thirst.

### Reflection Questions:

- *For what do you thirst? Jesus is available amidst our own daily tasks, at our own “well.” Have you met him there? Ask him for a drink. He wants to be your “living water” too.*

## FAMILY CONVERSATION STARTERS

Our Sunday readings focus on the theme of “thirst.” Share a time that you were really thirsty. How did you feel when you finally got a drink? In our First Reading from the Old Testament, who was thirsty and why? What did God do about it?

In our Gospel, Jesus sits at a well during the hottest part of the day, and asks a woman with a bucket for a drink. He starts up a conversation with her that gets her realizing her heart is thirsty. How can our hearts “thirst” and for what?

What do you think Jesus means by, “whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life.” When we're Baptized we receive the Holy Spirit into our hearts. Is this related?



## PRAYER

Jesus, encounter us in our daily routines this week. Give us the living water that is you. Pour your Spirit into our hearts to quench our deepest thirst. And inspire us to tell others about what you've done for us, that they, too, may come to believe in you. Amen.



## FASTING

Consider trying to ration your family's water use (drinking, brushing teeth, washing) to one gallon jug per person for a day. Offer up your thirst as a prayer for those without access to clean water.



## ALMSGIVING

In the story of the Woman at the Well, we hear that this woman went to fetch water alone in the afternoon because she wasn't accepted by the community - she was an outcast. Today there are still people living on the margins, is there a way you can help someone this week?

