

Another Step

As the week unfolds, spend some time each day sitting quietly with the image *Christ and the Samaritan Woman* as guide and companion and read the lections assigned for this Third Sunday in Lent (see p. 1). Add a bowl of water to your sacred space.

- Pay attention to your own thirst this week, not only your physical thirst, but your emotional and spiritual thirst. For what do you thirst? What would you want the Samaritan woman to draw from the well for *you* – time, health, joy, wisdom, strength?
- Keep a small bowl of water where you will notice it frequently. As you move through the week, pay attention to stories about water – its abundance and scarcity. As you use water, bring your attention to it and make the act a living prayer. How does it feel to be attentive to something we normally take for granted?

Lent 3: Water

John 4:5-42

Additional passages: Exodus 17:1-7; Psalm 95; Romans 5:1-11

Water is life's mater and matrix, mother and medium.

There is no life without water.

– Albert Szent-Gyorgi

Gather & Center

Prepare the worship table, adding a strip of blue cloth under the large shallow bowl. Fill the bowl with water. When everyone is gathered, light a candle and start the Lent 3 segment of the video, joining in the following prayer. Pause the video as directed or whenever you wish to take time for discussion.

Well of Living Water,
fill my silence with your wisdom,
fill my walled heart with loving curiosity,
fill my closed mind with good news.

Enter & Engage

Before restarting the video, read aloud John 4:5-42. Pause the video for discussion as you wish.

Ask Yourself

Use these questions and suggestions to invite discussion, prayer, and reflection.

1. Have you ever experienced a “chance encounter” that changed your life in some way? What happened? When you tell the story to other people, how do you describe what happened? Did that event make you more attentive to “chance encounters?” Did it affect your belief in chance?
2. Can you imagine being the “chance encounter” that changes someone else’s life? How do you imagine you would feel? Perhaps you know that it has happened because the person has told you. How do you feel about that power in you?
3. Can you imagine an event or a conversation that was so profound that you would want to tell everyone you met about it – not only friends and family, but strangers on the street? What inner qualities, spiritual resources, or gifts would you draw on to share your discovery that openly?

4. When you read the story of Jesus and the Samaritan woman, which of the characters seems to be speaking the questions that are central to your life right now? Who from this passage do you most yearn to be? Why?
5. In the middle of the passage (vv. 35-38) Jesus’ attention turns to the disciples and he talks about sowing and reaping. Have you ever reaped what another sowed? How did you respond to that blessing? Or sowed what someone else will reap? How do you feel about that legacy? Do you think that the community of which you are a member is equally faithful in gathering the harvest of the past and planting the harvest of the future? If not, which do you do better? Why do you think that is so?

Ponder & Pray

Gather near the worship table. Consider silently a place where you feel thirsty and share this if you are comfortable. Spend a moment in silence as you take leave of the image *Christ and the Samaritan Woman*. Then pray the following in unison.

Living water-filled Rock,
pour your life-giving word through my mouth,
pour your joyful love through my heart,
pour your radiant vision through my mind
so that I may be both well and fountain
where the thirsty may find refreshment.