

THIRD SUNDAY OF LENT

(YEAR A)



No Limits

Lord of life,
through your gift of water,
you give life to your people.
In the desert,
you quenched thirst
through water from a rock.
For the Samaritan woman,
Jesus relieved a parched spirit
with the promise of living water.
All who thirst only need to drink
of the water that brings eternal life.
Having drunk of this water,
may we, like the Samaritan woman,
tell of the work of your Son,
Jesus Christ,
who lives and reigns with you in the
unity of the Holy Spirit,
one God, for ever and ever. Amen.

Sunday, March 24, 2019
A Transforming Encounter



Today's Readings: Exodus 17:3–7; Psalm 95:1–2, 6–7, 8–9; Romans 5:1–2, 5–8; John 4:5–42. In first-century Israel, Jews did not associate with Samaritans. Because of this, it was preferable for Jews to go out of their way to walk around the region of Samaria than to take the shorter route through Samaria and risk a chance encounter with a Samaritan. There were also restrictions on men speaking to women, but none of this seems to be of concern to Jesus.

The woman in today's Gospel had to visit the well alone since her history and lifestyle caused her to be shunned by the women in her community. For this reason, she is alone at the well in Sychar when Jesus stops there to

rest and requests a drink. Surprised that he would speak to her and seek water from her, she queries him. In response, Jesus offers the woman "living water" so that she would never thirst again.

Having been changed through her encounter with Jesus, the woman tells all she meets what this man has done for her. This woman is a role model for spreading the Good News. As you consider this Gospel, reflect on how you have encountered Jesus. How has that changed you? Do you let others know about your relationship with Christ? During these remaining weeks of Lent, reflect on how you witness to Christ in your life.



THIS WEEK AT HOME

Monday, March 25

Handmaid of the Lord

Mary responds to the angel Gabriel, “Behold, I am the handmaid of the Lord, may it be done to me according to your word.” In describing herself as the handmaid of the Lord, Mary is claiming her role as a humble servant before God. Mary models for us how we are to respond to God, with a humble heart that is ready to assist and to serve. How can you surrender yourself to God’s will? How are you called this week to be of service to others? *Today’s Readings: Isaiah 7:10–14; Psalm 40:7–8, 8–9, 10, 11; Hebrews 10:4–10; Luke 1:26–38.*

Tuesday, March 26

Forgive from Your Heart

Do you find forgiveness to be difficult in your life? Is it easier for you to ask for forgiveness or to be the one who offers pardon to another who has wronged you? Forgiveness can lead to healing and peace. This is our hope: to be restored to one another and to God. Find out when your parish community is offering the Sacrament of Reconciliation and plan to attend. *Today’s Readings: Daniel 3:25, 34–43; Psalm 25:4–5, 6–7, 8–9; Matthew 18:21–35.*

Wednesday, March 27

Fulfillment of the Law

The law and the prophets were guides for the Chosen People. Jesus comes to fulfill the law, and the law he shares is the law of love. When it comes to living our faith, we must do so with a sincere heart. How often do you do something because it is required? Today strive to lift up one of your obligatory tasks and embrace it with a new heart of love and humility for the Lord. *Today’s Readings: Deuteronomy 4:1, 5–9; Psalm 147:12–13, 15–16, 19–20; Matthew 5:17–19.*

Thursday, March 28

Unfair Judgment

Those who witness Jesus casting out a demon were amazed, but they also were skeptical about the source of his power and even tried to test him by demanding a sign from heaven. Have you ever been in a situation in which there seemed to be no good options to take? Have you ever been judged unfairly? Jesus invites us to follow him and in doing so, we need to pray for one another. It can be difficult to pray for those who are unkind and causing division. Ask God to heal them and for the courage to follow Jesus. *Today’s Readings: Jeremiah 7:23–28; Psalm 95:1–2, 6–7, 8–9; Luke 11:14–23.*

Friday, March 29

Loving God

Jesus summarized the Commandments into loving God completely and loving neighbor as ourselves. Do you find it more difficult to love God or others? What does it mean to love God with all of your heart, soul, mind, and strength? How will you show your love of God today? *Today’s Readings: Hosea 14:2–10; Psalm 81:6–8, 10–11, 14, 17; Mark 12:28–34.*

Saturday, March 30

Right Attitude

Through a parable about two men praying in the Temple, Jesus calls us to a right attitude of ourselves before God and others. The posture, gestures, and words of the two men reveal much about their relationship with the Lord. Which man’s life was changed because of his prayer that day? Do you open yourself to be changed through prayer? As you continue to journey through Lent, consider a new prayer form, such as journaling, centering prayer, or adoration, to enrich your relationship with God. *Today’s Readings: Hosea 6:1–6; Psalm 51:3–4, 18–19, 20–21; Luke 18:9–14.*

