



THIRD SUNDAY OF LENT

Exodus 17:3-7 • Romans 5:1-2, 5-8 • John 4:5-42



Family Car Talk

Instructions: Today we hear about thirst and God’s care. In the first reading, the people are thirsty in the desert, and God gives them water from the rock. In the Gospel, Jesus talks with the Samaritan woman at the well and offers her “living water” that can fill her heart forever. St. Paul reminds us that God’s love has been poured into our hearts.

As you drive home, talk about how Jesus takes care of your family and fills you with his love.

- B** Who do you talk to when you need help, like the woman talked to Jesus?
- I** Jesus offers “living water” that fills our hearts. What do you think that means?
- A** St. Paul says God’s love is “poured out into our hearts” (Romans 5:5). Where have you seen or felt God’s love in your life lately?

B JESUS FILLS MY HEART

Instructions:
Write or draw one way Jesus fills your heart—like “living water”—with love, peace, joy, or forgiveness.



I A LIVING WATER

Instructions: Number the pictures in the correct order (1–4) to show what happens in today’s Gospel story.

“Whoever drinks the water I shall give will never thirst” (John 4:14).

