

Encountering the Word

with Jeff Cavins

Third Sunday of Lent (A)

Exodus 17:3-7 • Psalm 95:1-2, 6-7, 8-9
Romans 5:1-2, 5-8 • John 4:5-42



Living Water for a Thirsty World

The Third Sunday of Lent finds us in the midst of our spiritual journey. Like the Israelites in the desert, we may feel weary and tempted to grumble, especially when our hearts thirst for something more. In the wilderness, God met Israel's complaints with mercy, drawing water from the rock to sustain them. That rock, St. Paul reminds us, pointed forward to Christ himself, the true source of living water.

In today's Gospel, we meet the Samaritan woman at the well—one who was searching, not complaining, yet still deeply thirsty. Jesus meets her in her ordinary need for water, but he does not stop there. He offers her something greater: the spring of water gushing up to eternal life (John 4:14). Her desire for water becomes an invitation to discover her deepest longing for God himself.

St. John Paul II called this encounter a model for the New Evangelization. Christ satisfies our thirst at the deepest level, but he also sends us out to bear witness. The Samaritan woman left her jar behind and ran to share what she had received. Because of her testimony, many in her village came to believe in Jesus. So too in our Lenten journey, what we receive from Christ is not meant to be hoarded, but to overflow to others.

Lent is a time to ask: Where am I still thirsting? Where have I settled for something natural when Christ is offering me something supernatural? The living water we receive in Christ heals, restores, and fills us with joy—and it cannot remain hidden.



Living the Gospel

Every soul is thirsty, but only Christ can satisfy that thirst. This week, come to him in prayer and in the sacraments and ask for his living water to well up within you. Then, take a step of evangelization: share with a friend, coworker, or family member a concrete way God has met you in your need. Your story may become the spark that helps another discover Christ, the source of living water.

Dive Deeper

Scan this code to watch:



Or go to

<https://www.youtube.com/watch?v=1pd3Dc51TQc> and
<https://www.youtube.com/watch?v=nZbqQb4ZCz4>

Ponder and Pray

» Where in your life do you feel the thirst of the Israelites in the desert—places of grumbling, discouragement, or longing? How can you turn those desires into prayer, asking Christ to quench them with his living water?

» The Samaritan woman discovered that only Jesus could meet her deepest needs. What desires or pursuits in your life may be pointing to a greater, supernatural longing for intimacy with God?

“ **But God proves his love for us in that while we still were sinners Christ died for us.** ”
—Romans 5:8

» Like the woman at the well, you are called not only to receive but also to share. How can your testimony draw others to believe in Jesus this Lent?

Make It Your Own

You and others in your household may use this space to write about anything related to today’s Mass. It might be your view of Jeff Cavins’s reflection, your priest’s homily, your answers to the questions on this page—whatever will help you and your household get the most out of today’s celebration.
