

3rd Sunday of Lent
March 12th, 2023

ACCOMPANYING JESUS THIS LENT

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First Reading: Exodus 17: 3-7
Responsorial Psalm: Psalm 95: 1-2,6-7,8-9
Second Reading: Romans 5: 1-2, 5-8
Gospel: John 4: 5-42

Gospel Reflection Page (by Bishop O'Connell): [Here](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find all the readings by visiting the USCCB page here: [Third Sunday of Lent | USCCB](#)

Option 1: Proclamation of the Gospel for Children in video format [Here](#) (YouTube – The Gospel Project, 3:29 min)

Option 2: Proclamation of the Gospel for Adults in video format: [Here](#) (YouTube – The Chosen, 7:29 min)

Opening Prayer: *Lord Jesus, send your Spirit to help us read the Bible in the same way You read it to your disciples. May your word guide us so that we too may bear witness that you are alive in our midst. Amen.*

2. PRAY

In the Gospel, Jesus encounters the Woman at the Well. Pray with Jesus and imagine you are the Samaritan Woman. Sit down with Jesus by the well and have a deep conversation.



Tell Jesus what you thirst for in your prayer life. Ask Jesus to enter your heart and help you to prepare to receive Jesus in the Holy Eucharist.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

Tell Jesus all that needs to be let go of, all the sin, all the unforgiveness, all the burdens you carry.

Imagine this Living Water washing over you, freeing you of all those things that hinder your heart from being pure and ready for His love, mercy, and salvation.

Close this prayer time, in gratitude, for Jesus Christ, our Savior and Redeemer. As a closing ritual, place a small bottle of holy water in your Lenten prayer space as a reminder of this prayer experience. Have the members in your family, bless each other with the holy water, placing a cross on each other's foreheads to remind us of our baptismal promises.

3. TALK

Reflect on how the power of the “Living Water” has quenched your thirst. The power of our baptism connects, transforms, enlivens, refreshes, and reconciles us to Jesus. Discuss with a family member or friend: How has Jesus healed, transformed, comforted, or challenged you to be “Living Water” for each other? Close your conversation time with praying the Psalm refrain together: *“If today you hear His voice, harden not your hearts.”*

Faith@Home Lenten Practices

Pray: During this Lenten season, the Elect of your parish and throughout the world, are preparing for the reception of full initiation in the Catholic Church at Easter Vigil. Obtain the names of the Elect from your parish. Pray for these Elect, who will receive special blessings during the First Scrutiny, celebrated at the Sunday liturgy today. As the Elect prepare to be baptized in the Living Water of Christ at the Easter Vigil, intentionally *pray* that their thirst for Christ is quenched as they continue their journey of transformation and conversion. Print their names on a piece of paper and place it on your Lenten prayer space.

Fast: *Fast* from judging or gossiping about people who you have alienated in your life. Ask Jesus to give you strength to not be like the people of Samaria that treated the Samaritan woman as an outcast.

Almsgiving: Consider writing a note, text, or email to someone you need to forgive, let them know you desire reconciliation. Be the Living Water of Christ and show your heart of peace, compassion, and love through this Almsgiving action.