

3rd Sunday in Lent

March 8th, 2026

FAITH @ HOME

3rd Sunday in Lent

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

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (WOG channel, 6:14 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (Saddleback Kids channel, 3:46 min)

2. PRAY

Gather the family around a prayer space in the space put an empty container or cup as a reminder of our hearts wanting to be filled with the living water Jesus gives us.

Take turns reading the litany. The response will be: **Jesus fill our hearts with Your living water**

- When we feel tired or empty
- When we are thirsty for love and kindness
- When we make mistakes and need forgiveness
- When we feel left out or alone
- Teach us to love others as You love us
- Help us share Your joy with everyone we meet

Pray together: Lord, Jesus, give us Your living water. Refresh our heart, renew our spirit, and help us share Your love with others. Amen.

3. TALK

In today's Gospel we hear of Jesus encounter with a Samaritan woman at a well. Share the following questions:



1. Why did Jesus ask the woman for a drink of water? (John 4: 6)
2. Why was the woman surprised when Jesus spoke to her? (John 4: 9)
3. What did Jesus say happens when we receive His "living water"? (John 4: 13-14)
4. Why do you think the Samaritan was excited to tell others about Jesus? (John 4: 28-29)
5. How can we tell others about Jesus?

As we continue our Lenten journey we are at the halfway mark of these forty days of reflection. A reminder we have of the living water Jesus is offering is holy water. We see it in the baptismal font in our parish or in the holy water font by the door of the church.

However, during lent did you noticed the baptismal font and holy water fonts by door are empty. This is a reminder that we are in the desert these forty days of Lent preparing to renew ourselves with the living water Jesus gives us on Easter Sunday.

We too have received the living water that Jesus is offering. At baptism we are submerged into the living water and reborn to a new life in Christ. At the Easter Vigil we renew our baptismal promises and then on Easter Sunday mass we are blessed with holy water during a sprinkling rite.

Parents take a moment to share with your children about their own baptism. If you can share pictures and if you can describe to them what happened that day.

In this encounter each of us can see ourselves as the Samaritan woman. God already knows what is in our hearts and our lives. No matter our mistakes He still looks at us with love and compassion. Asking us to return to his embrace by changing those things in our lives that are keeping us from him.

As we continue our Lenten journey let us share with other our encounter with Christ and joyously share that in Jesus Christ, we can experience everlasting happiness.

(Optional activity is to have children do the coloring page of the Samaritan woman) [Samaritan Woman Coloring page](#)



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

Archdiocese of Los Angeles

Office of Religious Education

ore@la-archdiocese.org; www.lacatholics.org/religious-education