

FEBRUARY 28, 2016



THIRD SUNDAY OF LENT YEAR A



EXODUS 17:3-7

PSALM 95:1-2, 6-7, 8-9

ROMANS 5:1-2, 5-8

JOHN 4:5-42 OR 4:5-15, 19B-26, 39A, 40-42

REFLECTION

Imagine your busiest day, when you're running from thing to thing. Everybody you see wants something from you, and all you want is to take a break and have a drink of water. Finally, you sit down to take a break, and someone comes up and starts talking to you. I imagine this is what Jesus felt like that day, recalled in today's Gospel: he just wanted a little rest and something to drink. Yet even as tired as he was, he had time for this woman. In fact, he had one of his longest conversations recorded in the Bible. Even though he was tired and may have just wanted to be alone, he made time for a woman in need. In turn, the woman is so moved by their exchange that she believes he is the Messiah. She becomes his follower, and now instead of hiding from people, she is seeking them out, telling them about Jesus. Perhaps this is what the phrase "everlasting water" is referring to: Being active in a relationship with God means having the energy and even excitement to do what we should all the time, not just when we feel like it.

ACTION

This week, jot down all the times you use water in any form. Consider each use of water as symbolic. If Jesus is living water for us, what could your use of water say about your relationship with Jesus? For example, when you use water to cook, you can see that as symbolic of your calling to feed the hungry. When you use water to shower in the morning, you can see that as a symbol of your call to go out and be living water for everyone whom you encounter throughout the day.

JOURNALING QUESTIONS

- What type of prayer experiences energize me for my tasks and my fun activities?
- How can I incorporate more of those prayers into my everyday life?