

Sunday 12<sup>th</sup> March 2023

## The Third Sunday of Lent



Today's Gospel reading: John 4: 5-42

Our gospel reading today is long, but it's a very interesting story!

We hear about a conversation Jesus had with a Samaritan woman. She had come to the well to draw water in the middle of the day - a time when most people would avoid going out in the heat. The woman probably did this to avoid other people, because she was not popular in the town where she lived and wanted to save herself a load of hassle from other women, who might have given her grief.

The woman would have been very surprised when Jesus spoke to her, as generally, men didn't converse with women AND Jewish people didn't speak to Samaritans - people from Samaria, who had a different way of worshipping God. However, Jesus had a good chat with her and, if you listen to the reading, or read it on the service sheet for today, or in your Bible, you will find the things that Jesus said to the woman.

Something Jesus said to the woman, which is very important for us to remember is this: "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

🤔 What do you think Jesus meant?

Jesus was using water as an illustration. Just as water satisfies the body, a relationship with Jesus satisfies the soul.

Our bodies can go for weeks without food, but can only go a few days without water. Our bodies are made up mostly of water and we need water to survive. That's why water was the starting point of Jesus's conversation with the Samaritan woman.

Just as water satisfies the body, Jesus satisfies the soul. We have a soul, which is the part of us that will live forever. It is the deepest part of ourselves, the part that motivates us to do everything that we do. Just as our body needs nourishment, our soul needs it too. Our soul craves something, but often we don't realise what it is that our soul needs. This thirst will motivate us to fill our soul with things like being popular, having good looks, having a lot of cool stuff, being best at sports or other activities, winning video games and so on. Now, most of those things aren't bad by themselves, but when we they take up all our attention, they are bad. When we go to them to feed our souls, we're missing out on something big. We often fill our time doing everything else except spending time with God. Other than coming to church, God doesn't fit into our busy timetable. We spend time doing everything else.

The only thing that can satisfy our souls is a relationship with God. When we decide to follow Jesus, the relationship begins. Then, we can continually go to Jesus to satisfy our souls.

Christians have different ways of feeding their souls. Some people find it easy to spend quiet time talking with God in prayer. Others find that taking walks in nature helps them to feel connected to God and have a sense of his presence.

I especially enjoy doing this when I am stressed out, going through a tough time, or really busy. My soul becomes filled with the love and peace of God.

 I wonder what works for you?

Here are some ideas you might like to try this week:

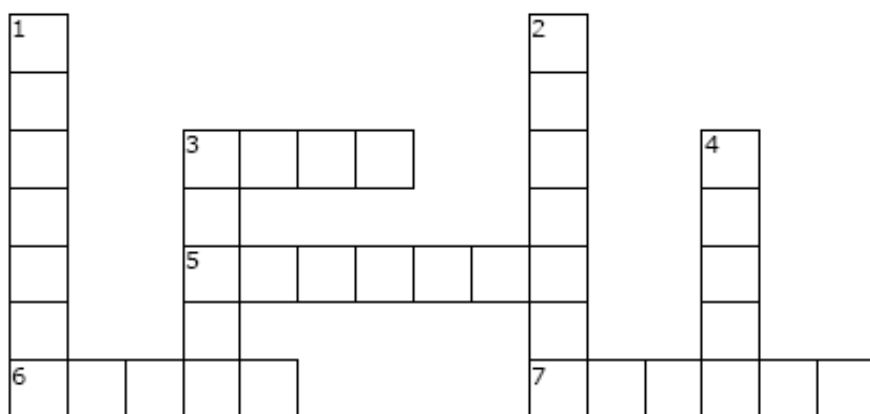
- Inviting Jesus to be a part of everything we do.
- Spending time reading the Bible.
- Being aware of what God is doing around you.

 This week's prayer:

Dear Jesus, when I am too busy to remember that you are always with me, please remind me of your love and of all that you are doing in my life and in the world around. Amen.

# The Woman at the Well

Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." John 4:10 (NIV)



## ACROSS

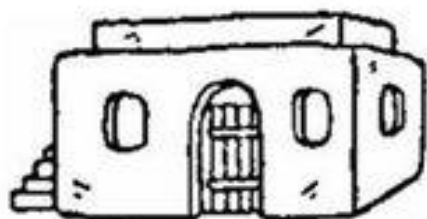
3. A deep hole in the ground from which we get water
5. The one expected to come and save the world
6. To take in liquid through the mouth
7. The need or desire to drink something, especially water

## DOWN

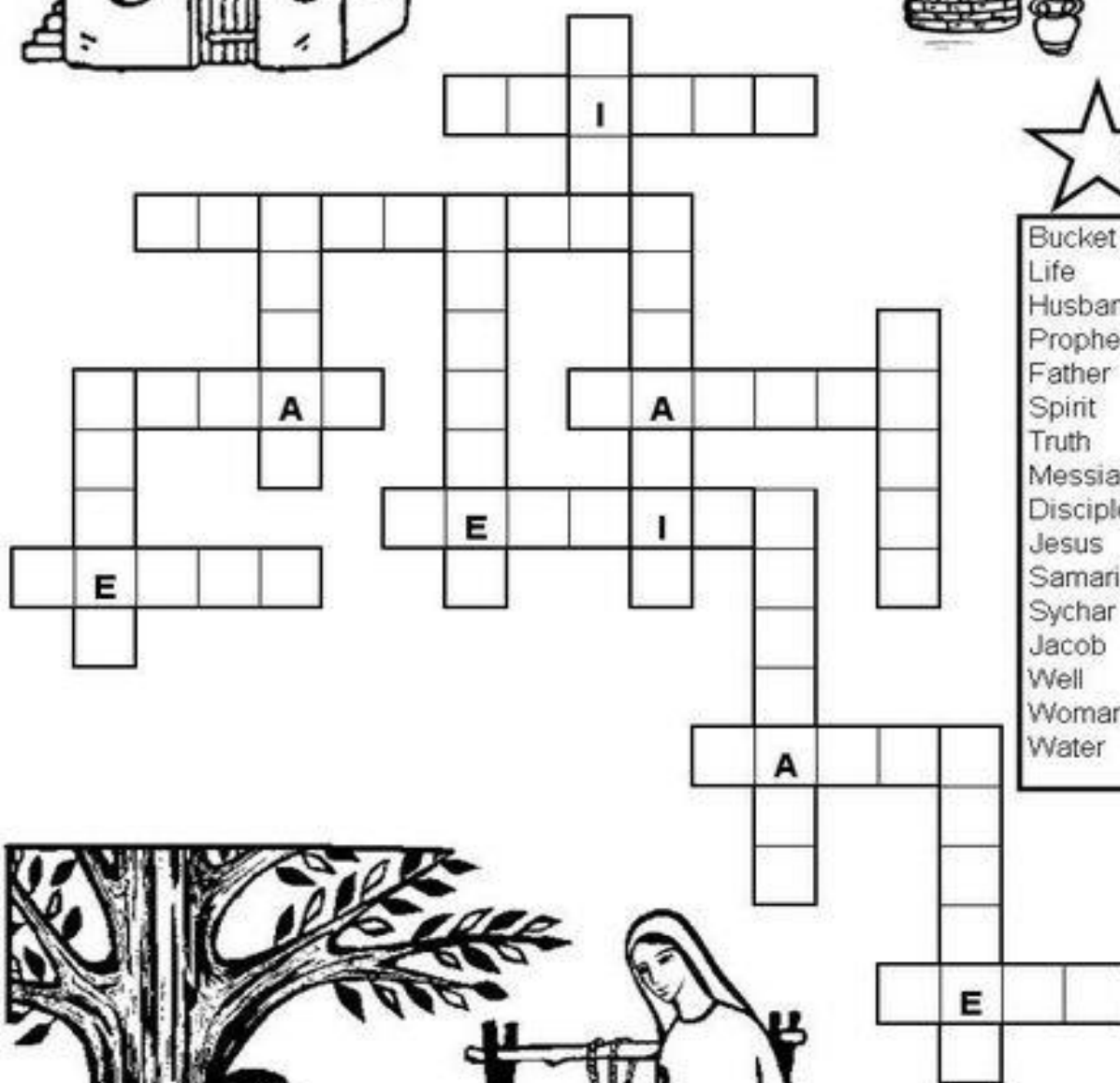
1. The man to whom a woman is married
2. A person who tells what will happen in the future
3. An adult female
4. A clear, colorless liquid which is necessary for life

PROPHET	THIRST	DRINK	WELL
WOMAN	WATER	HUSBAND	MESSIAH

# The Samaritan Woman



Bucket  
Life  
Husband  
Prophet  
Father  
Spirit  
Truth  
Messiah  
Disciples  
Jesus  
Samaria  
Sychar  
Jacob  
Well  
Woman  
Water



Make all the words fit into this crossword



The Woman at the Well



🙄 Do you recognise the words on this picture?



**"For God sent not His son  
into the world to condemn  
the world; but that the world,  
through him, might be saved"  
(John 3:17)**

Yes – they come from last week's gospel reading!

🙄 You might like to think about how these words apply to Jesus talking to the Samaritan woman at the well?