

# Third Week of Lent

## BEHOLD MERCY

Jesus meets the Samaritan woman at the well  
and speaks to her deepest thirst.

He offers living water — mercy that restores, heals, and gives new life.

This week invites us to come honestly before Christ, bringing our  
longing, our weakness, and our need for forgiveness.

As we receive His mercy, our hearts are renewed and  
drawn back into communion with God.



RECEIVING THE LIVING WATER.

GOSPEL FOR THE THIRD SUNDAY OF LENT

**JOHN 4:5-42**

# How to pray with Lectio Divina

*Lectio Divina* means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

## 1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

## 2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

## 3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

## 4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

## 5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

## Journaling during Lent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of allowing the Word to remain with you and settle more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work. Let it be simple. Let it help you notice.

## Daily Rhythm for Prayer

### 1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

### 2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

### 3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

### 4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: *“Lord, show me the right moment for this.”*

*Let each day be simple. Let it unfold gently. Behold the Lord with you.*

# Lenten Companion Prayers

## **BEHOLD I LISTEN**

*To be said before reading Scripture*

Lord Jesus,  
present and attentive,  
quiet my heart before Your Word.  
As I listen to the Gospel,  
teach me to recognise Your voice  
and to receive what You desire to give.  
Amen.

## **BEHOLD I BEGIN**

*Daily opening prayer*

Jesus, humble and hidden,  
I place this day before You.  
As I journey through Lent,  
teach me to slow down and make room.  
Be with me in the places  
where my heart most longs for You.  
Amen.

## **BEHOLD I RESPOND**

*Daily closing prayer*

Jesus, Bread of Life,  
help me live what I have received.  
Shape my words, my actions, and my choices,  
that I may carry Your presence  
into my family, my relationships, my work,  
and wherever love is needed.  
Amen.

# Third Sunday of Lent Gospel

## JOHN 4:5-42

*"Everyone who drinks this water will be thirsty again."*

Jesus came to a town of Samaria called Sychar,  
near the plot of land that Jacob had given to his son Joseph.  
Jacob's well was there.

Jesus, tired from his journey, sat down there at the well.

It was about noon.

A woman of Samaria came to draw water.

Jesus said to her,

"Give me a drink."

His disciples had gone into the town to buy food.

The Samaritan woman said to him,

"How can you, a Jew, ask me, a Samaritan woman, for a drink?"

For Jews use nothing in common with Samaritans.

Jesus answered and said to her,

"If you knew the gift of God  
and who is saying to you, 'Give me a drink,'  
you would have asked him  
and he would have given you living water."

The woman said to him,

"Sir, you do not even have a bucket and the cistern is deep;  
where then can you get this living water?"

Are you greater than our father Jacob,  
who gave us this cistern and drank from it himself  
with his children and his flocks?"

Jesus answered and said to her,

"Everyone who drinks this water will be thirsty again;  
but whoever drinks the water I shall give will never thirst;  
the water I shall give will become in him  
a spring of water welling up to eternal life."

*Lectio Divina guide, pg 5*

*Prayer before reading Scripture, pg 6*

# Third Sunday of Lent Gospel *cont.*

The woman said to him,

"Sir, give me this water, so that I may not be thirsty  
or have to keep coming here to draw water.

"I can see that you are a prophet.

Our ancestors worshiped on this mountain;  
but you people say that the place to worship is in Jerusalem."

Jesus said to her,

"Believe me, woman, the hour is coming  
when you will worship the Father  
neither on this mountain nor in Jerusalem.

You people worship what you do not understand;  
we worship what we understand,  
because salvation is from the Jews.

But the hour is coming, and is now here,  
when true worshipers will worship the Father in Spirit and truth;  
and indeed the Father seeks such people to worship him.

God is Spirit, and those who worship him  
must worship in Spirit and truth."

The woman said to him,

"I know that the Messiah is coming, the one called the Christ;  
when he comes, he will tell us everything."

Jesus said to her,

"I am he, the one who is speaking with you."

Many of the Samaritans of that town began to believe in him.

When the Samaritans came to him,  
they invited him to stay with them;  
and he stayed there two days.

Many more began to believe in him because of his word,  
and they said to the woman,

"We no longer believe because of your word;  
for we have heard for ourselves,  
and we know that this is truly the savior of the world."

# Third Week of Lent



“My God and my all!”  
— St Francis of Assisi

Francis knew a deep thirst for God. Beneath his early searching was a longing nothing in the world could satisfy. When he encountered Christ, that longing found its home. Like the woman at the well, he discovered that the heart’s deepest desire is not a problem to fix, but a place where God draws near.

## MONDAY – BEHOLD MERCY

Christ meets us at the place of our deepest need.

**Prayer:** *Jesus, meet me where I am.*

**Action:** Bring your need honestly before God today.

## TUESDAY – BEHOLD LIVING WATER

Only Christ can satisfy the thirst of the heart.

**Prayer:** *Lord, quench my thirst.*

**Action:** Spend time with Christ in quiet prayer.

## WEDNESDAY — BEHOLD TRUTH

Truth spoken in love leads to freedom.

**Prayer:** *Jesus, help me live in truth.*

**Action:** Examine your conscience with honesty and trust.

## THURSDAY – BEHOLD HEALING

Mercy gently restores what is wounded.

**Prayer:** *Lord, heal my heart.*

**Action:** Consider seeking the Sacrament of Reconciliation.

## FRIDAY - BEHOLD COMPASSION

God’s tenderness reaches every weakness.

**Prayer:** *Jesus, teach me compassion.*

**Action:** Show kindness to someone who needs it.

## SATURDAY — BEHOLD RENEWAL

Forgiveness makes all things new.

**Prayer:** *Lord, renew my heart.*

**Action:** Give thanks for mercy received.

*Daily Opening and Closing Prayers, pg 6*

# Sacrament of Reconciliation

Lent is a season of returning. Again and again, God calls us back — not with condemnation, but with mercy.

The Sacrament of Reconciliation is one of the greatest gifts of the Church. Here, we encounter Jesus personally. Not as judge, but as healer. Not to shame us, but to restore us.

No matter how long it has been, no matter what we carry, Christ is ready to receive us.

He is gentle. He is faithful. He is waiting.

To come to Reconciliation is not to dwell on sin, but to behold mercy.

## WHY GO TO RECONCILIATION?

- To experience God's forgiveness personally
- To begin again with a lighter heart
- To receive grace to grow in holiness
- To be restored to peace and communion

This is not about being perfect. It is about coming home.

## TAKE THE STEP

If it has been a long time, do not be afraid.

Priests are there to welcome you with compassion.

Come as you are.

Bring what you carry.

Christ will meet you there.

Look out for extended Reconciliation times during Lent at your parish and nearby churches, and consider attending a Lenten Reconciliation service if one is offered.

Behold His mercy.

And begin again.

## A SIMPLE EXAMINATION OF CONSCIENCE

Take a few quiet moments before God and ask:

### Love of God

- Have I made space for prayer in my life?
- Have I trusted God in difficulty?
- Have I honoured the Lord's Day?

### Love of neighbour

- Have I been patient and kind?
- Have I spoken harshly, judged others or held onto resentment?
- Have I failed to love when I had the opportunity?

### Faithfulness of life

- Have I cared for the life God has given to me?
- Have I chosen what leads me closer to Christ?
- Have I turned away from what I know is good?

Let the Holy Spirit guide you gently.  
You do not need to search anxiously.  
Simply be honest.

## ACT OF CONTRITION

Lord Jesus,  
I am sorry for my sins.  
With all my heart, I turn back to You.  
Thank You for Your mercy and love.  
Help me to walk in Your ways,  
to sin no more,  
and to trust in Your grace.  
Amen.



*“Let us begin again, brothers, for up to now we have done little or nothing.”* — St Francis of Assisi

St Francis knew the joy of beginning again. He never saw conversion as a single moment, but a lifelong return to God's mercy. Francis reminds us that holiness is not about never falling, but about always returning to Christ.