



Lectio Divina

March 8th 2026 3rd Sunday of Lent - Year A - John 4: 5 - 42

⁴⁻⁵So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. ⁷ When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸ (His disciples had gone into the town to buy food.) ⁹ The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) ¹⁰ 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."

¹¹ "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?" ¹³ Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." ¹⁵ The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." ¹⁶ He told her, "Go, call your husband and come back." ¹⁷ "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true." ¹⁹ "Sir," the woman said, "I can see that you are a prophet. ²⁰ Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." ²¹ "Woman," Jesus replied, "believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth." ²⁵ The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." ²⁶ Then Jesus declared, "I, the one speaking to you—I am he." ²⁷ Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" ²⁸ Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹ "Come, see a man who told me everything I ever did. Could this be the Messiah?" ³⁰ They came out of the town and made their way toward him. ³¹ Meanwhile his disciples urged him, "Rabbi, eat something." ³² But he said to them, "I have food to eat that you know nothing about." ³³ Then his disciples said to each other, "Could someone have brought him food?" ³⁴ "My food," said Jesus, "is to do the will of him who sent me and to finish his work. ³⁵ Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. ³⁶ Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. ³⁷ Thus the saying 'One sows and another reaps' is true. ³⁸ I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."

³⁹ Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." ⁴⁰ So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. ⁴¹ And because of his words many more became believers. ⁴² They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In this week's Gospel we see Jesus meeting with the Samaritan woman at the well. Notice how Jesus meets the woman where she is at, needing her assistance because He is thirsty and needs a drink of water. See how He is patient with her but also challenges her to grow to what she is capable of. At first the woman is content with the water she draws from the well but Jesus gradually leads her to search for another kind of water that when you drink it you do not get thirsty again as it comes from a spring inside you.

When have you made a similar journey in your relationship with God? Recognise the times you resisted the challenge of Jesus, to grow to what you are capable of with Him by your side guiding you.

Prayer:

Thank You Lord for those who have helped us to understand ourselves better. They listened to us with patience and challenge us to see a better way to live and move beyond where we are in our lives.

Forgive us Lord for when we act in a superior way because we are Catholics afraid to acknowledge that we are often tired and thirsty. We will not ask for a drink from those we feel are less important. Often they are the ones who have the living water to share with us

Help us Lord during this Lent to spend time with Jesus so that he will help us as we travel our spiritual journey towards a deeper more human life as he did for the Samaritan woman .

