



3rd Sunday of Lent

1st Reading: Exodus 17:3-7

1. Moses is told to use the same staff he used to strike the Nile. How does this connect God's past power to their present need?
2. The people ask, "Is the LORD in our midst or not?" How do we, in modern times, "test" God by demanding He prove Himself on our terms instead of trusting His presence?
3. When Lenten practices or life circumstances make you feel spiritually dry or exhausted, where do you turn first?

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

1. What is the psalm asking us to reflect on?
2. What are some links (words/phrases/ideas) between the 1st Reading and the Psalm?
3. What does "The Rock of our salvation" mean to you personally, especially during times of trial or uncertainty?

2nd Reading: Romans 5:1-2, 5-8

1. Why does Paul emphasize that Christ died for us while we were still "ungodly" or "sinners"?
2. What are some links (words/phrases/ideas) between the 1st Reading, Psalm, and 2nd Reading?
3. "Hope does not disappoint" refers to the theological virtue of Hope—"To trust in God for eternal life and happiness." How does this differ from worldly hope?

Gospel: John 4:5-42

1. What is the most interesting or surprising detail in this story for you? Why?
2. The woman leaves her water jar behind (v. 28). What is God calling you to leave behind at the well to follow Him more closely?
3. What are some links (words/phrases/ideas) between the 1st Reading, Psalm, 2nd Reading, and Gospel?
4. If you are able, find and watch the scene from *The Chosen: The Woman at the Well*. How does this bring new life to this Gospel?



PRAYER

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy.

Amen

