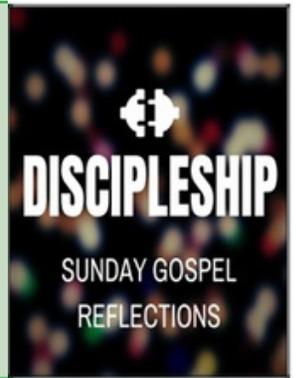


In preparation for March 8, 2026, Third Sunday of Lent

Theme - What water will you drink?

“Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst.”

(Verses 13-14) John 4:5-42



- Adults** ▪ 1. Jesus is thirsty and asks the Samaritan woman for what he knows she can give....water. Others have ignored and berated her, but Jesus invites her to share with him. Jesus sees her for who she is not her past transgressions and offers her the “Living” water. How does knowing that Jesus offers you the exact same “Living” water give you comfort?
2. In seeing Jesus for who he is, the Son of God, the Samaritan woman comes to know herself more truly. How can you follow the Samaritan woman’s encounter and consider your deepest identity as a beloved child of God?
3. The Samaritan woman is overjoyed with the realization of who Jesus is and immediately begins sharing with others. How are we called to share the same good news? What can you share today to help bring others to Jesus as the Samaritan woman did?

Obstacles for living out the Gospel: Forgetting to drink the water that Jesus offers.



- Teens** ▪ 1. What does it feel like when someone truly “sees” you or understands what you’re going through like Jesus does with the Samaritan woman? Do you think God sees you that way? If not, why?
2. During Jesus’ time it would be very unlikely for a Jewish person to talk to a Samaritan. Do you ever find labels or stereotypes that make it hard for you to talk to certain people? How does Jesus challenge us in this?
3. Jesus says that the well water only satisfies temporarily, but He promises something lasting. What are things you turn to for happiness that don’t really satisfy you?

Obstacles to living out the Gospel: Hiding behind humor, perfectionism, or social media filters instead of being seen for who you truly are.

- Children** ▪ 1. In today’s Gospel, many people come to know Jesus and believe in him because of the woman who met him at the well, who went out and told everyone she saw about Jesus. Who in your life might come to know Jesus better because you spend time with Jesus at Mass or you take time to pray each morning? What ways can you share your love for Jesus with others?
2. Jesus calls himself the “living water.” What do you think Jesus meant by living water? Think of the many ways you use water during the week. Name some things Jesus has in common with water.
3. In what ways do you need Jesus in your day to day activities?

Obstacles to living out the Gospel: Not recognizing our need for Jesus.