



## Lectio Divina



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| <ul style="list-style-type: none"><li>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</li><li>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</li></ul> | <ul style="list-style-type: none"><li>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</li><li>➤ <b>Action</b> – Attitude (Call to change / to act /to do</li></ul> |
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### March 19<sup>th</sup> 2017      3<sup>rd</sup> Sunday in Lent - Year A - John 4:5 – 30

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.

**Lord forgive us** 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.

