



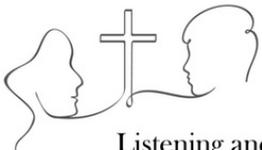
THIRD
SUNDAY

Pastoral kit

LENT

March 8th

2026



Listening and Fasting
LENT AS A TIME OF CONVERSION

Message of Pope Leo XIV • Lent 2026

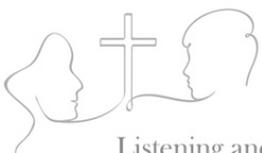
POINTS FOR REFLECTION FOR THE CELEBRATION OF HOLY MASS

Introduction

Brothers and sisters, on this Third Sunday of Lent we enter into the heart of our baptismal journey. The key word is simplicity: stripping ourselves of unnecessary complications in order to recognise our deepest thirst. Like the Samaritan woman, we are invited to an unexpected encounter with Christ, who breaks through our comfort zone and transforms the desert of our soul into a flourishing garden.

Suggested songs

- Come to the Water, Matt Maher
- Come to the Water, Foley
- As the Deer, Daniel Gardner
- Shepherd of Souls Refresh and Bless
- Led by the Spirit of our God - Hurd
- What Wondrous Love
- Come Thou Fount of Every Blessing
- There's a Wideness in God's Mercy, Faber



Prayer of the Faithful

1. **For the Church:** That it may be a modern Jacob's well, where every man and woman, especially those who feel excluded or judged, may find a willing ear and the water of hope. We pray to the Lord.
2. **For civil authorities and for peace:** That, listening to the cry of the defenceless and the weakest, they may seek ways to achieve justice and peace. We pray to the Lord.
3. **For those who are seeking:** For those who thirst for meaning, love, and hope and do not know where to look. We pray to the Lord.
4. **For young people and catechumens:** That they may know how to be silent in order to listen to the only Voice that does not disappoint and discover the joy of being “quenched” by Jesus, the Living Water of our thirst. We pray to the Lord.
5. **For our community:** That we may learn to stop at the ‘wells’ of our own city and listen to those who are thirsty and hungry, those who are lonely and marginalised. We pray to the Lord.

PRAYER ON THE THEME OF THE DAY

Lord Jesus, who sits by the wells of our lives, grant us the simplicity to recognise our thirst. Take away our false securities and give us the Living Water of Your grace, so that our hearts may become a spring that is overflowing for eternal life.



IDEAS FOR THE HOMILY

Pastoral approach

The Gospel presents Jesus sitting next to a well. Jesus does not rush, accuse, or demand: he waits.

The Samaritan woman arrives visibly thirsty, but Jesus leads her towards a deeper thirst: that of her heart. He is not afraid of a wounded or incomplete life. He does not begin by correcting, but by listening.

This Lent is a favourable time to recognise what we are truly thirsting for.

We often try to quench our thirst with relationships, commitments, and compensations that are simply not enough. We keep returning to the same well, even though we know that it will not satisfy us. Jesus does not humiliate this thirst; he takes it seriously. And he invites us to let ourselves be encountered by him, the only one who can transform it into a spring of living water.

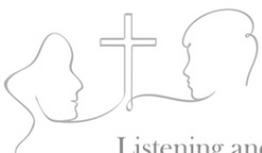


Biblical approach

The encounter at the well in Sychar reveals an unpredictable God. God does not wait for grand gestures, but sits and waits on the edge of our lives, asking us: ‘Give me a drink.’

Jesus becomes a bridge between heaven and earth: he brings the things of God into the most ordinary everyday life. But in order to receive living water, the Samaritan woman must have the courage to leave behind her water jar, a symbol of her old securities.

True worship is not tied to a place or a given form, but to a life that is lived in spirit and truth, where grace acts slowly and silently, transforming the desert into a garden.



MATERIAL FOR CHILDREN

Reflection

Today Jesus meets a woman at the well. She is very thirsty, but not only for water: she is thirsty to feel loved. Jesus gives her a special water that comes from within the heart. When we talk to Jesus and when we are kind to the people around us, that spring of living water overflows within us.

Activity

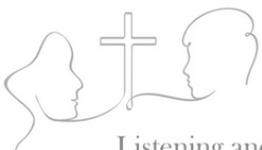
- **Prayer corner:** Place a jug of water in the prayer corner. Each week, the children can add a little water until it is full, to remind them that Jesus' love fills our lives.
- **The Kindness Game:** Have the children write on a poster all the kind phrases that come to mind, words they can say to make others feel good and words that make them feel good. As a weekly commitment, they can be “missionaries of kindness” among their friends, at school, and in their families.

MATERIAL FOR YOUNG PEOPLE

Reflection

Do you seek light and truth in your life? What is your ‘well’? Where do you try to quench your thirst for happiness? God dwells in your deepest desires; He knows them.

Like the Samaritan woman, you are called to meet Jesus (who seeks you) and to receive a calling from Him, your vocation. The woman at the well discovered this after a long conversation in which Jesus made her feel ‘known and loved,’ and she later became a ‘missionary’ among her neighbours.



Activities

- Be **silent** for 10 minutes, turning off your cell phone. Ask yourself: “What goes through my mind when I am not connected? Do I listen to the voice of God or my fears?” What do my answers tell me?
- **Reviewing my daily life:** Analyse, both personally and as a group, our choices regarding study or work to see if they are consistent with Gospel values and if they are made for the benefit of others or only for ourselves.

MATERIAL FOR ADULTS



Reflection

Jesus sits down beside the well and waits for the Samaritan woman. He speaks to her, listens to her patiently, until she recognises the thirst and need that dwells in her heart. We too are called to exercise the ‘Apostolate of the Ear’: the most beautiful almsgiving is to sit and listen to someone for half an hour without looking at the clock. It could be our children, colleagues, a relative who lives alone, a friend, or a neighbour. Listening to the thirst of others can quench their thirst and our own.

Activity

- **Informal Encounters:** Intentionally connect with a neighbour or colleague who is going through a difficult time and offer them your time and attention, rather than rushing to easy solutions.
- **Examination of Conscience:** What is the well that I keep returning to in my life, even though I know it does not quench my thirst?

