

# THIRD SUNDAY OF LENT

## (YEAR A)



### Living Water

Holy God, font of all life,  
in the waters of new birth  
you brought us to life through Jesus,  
your Son.

Look with favor upon your people,  
who, like the woman at the well,  
desire never to thirst again.

Soften our stony hearts  
so that the Holy Spirit  
might fill us with your love and peace.  
May our lives proclaim  
your glorious name  
amid a parched and anxious world.  
Through Christ our Lord. Amen.

Sunday, March 23, 2025

### Living Water



*Today's readings: Exodus 17:3-7; Psalm 95:1-2, 6-7, 8-9; Romans 5:1-2, 5-8; John 4:5-42.* The story of Jesus' encounter with the Samaritan woman invites us to ask, "For what do we thirst?" Societal pressures can keep us busy and become an easy distraction from what matters. It's not hard to fill our day with insignificant things. When Jesus questions the woman, she doesn't seem to quite understand that he is the "gift of God," the living water. Is she too distracted to notice? Not until he reveals her history does she begin to see that he is the Messiah, the one who comes to unite the nations. Here is a moment of conversion and faith. She quickly runs to tell the others, who also come to believe. Like the Woman, we are thirsty for the living water. The question is, What keeps us from quenching our thirsts? During your Lenten journey, have you become acquainted with your thirst for Jesus, the living water?

This reading is always proclaimed on the Third Sunday of Lent when a parish community has candidates preparing to receive the initiation sacraments on Holy Saturday. On this Sunday, the elect participate in the first scrutiny. The aim of the scrutiny is to uncover the sins that keep us from a life in Christ.

As we examine ourselves this Lenten season, we are asked, just like the elect, to uncover the sins in our lives and expose them so they might be healed and transformed. We have a choice: Do we die to ourselves so that we might embrace Christ? Or do we continue to look in all the wrong places and never quench our thirst? Consider taking a moment to share your story with one of the elect.



## THIS WEEK AT HOME

### Monday, March 24 Being Prophetic

Today we are reminded that responding to the call to Christianity is not easy. Jesus tells the people in the synagogue at Nazareth that “no prophet is accepted in his own native place.” We know he will be rejected and crucified for his ministry. We are called to repent, to see God in all things, and to share our faith with others. This week, reach out to someone you love, and ask to share a prayer with him or her. If your invitation is accepted, lead with a simple prayer. If the invitation is declined, lift up the individual in your personal prayer. *Today’s readings: 2 Kings 5:1–15b; Psalm 42:2, 3; 43:3, 4; Luke 4:24–30.*

### Tuesday, March 25 Annunciation of the Lord

Understandably, Mary is “greatly troubled” when the angel Gabriel appears. Still, Mary courageously and faithfully responds yes to God’s request. Her response is much like the words in today’s psalm: “Here I am, Lord; I come to do your will.” Set aside time to pray the Rosary. As you pray, ask for the humility to hear God and the courage to respond to God. *Today’s readings: Isaiah 7:10–14, 8:10; Psalm 40:7–8a, 8b–9, 10, 11; Hebrews 10:4–10; Luke 1:26–38.*

### Wednesday, March 26 Teach Them

Moses reminds the Israelites to observe and teach the Lord’s commandments, to share the goodness of the Lord that they have witnessed with their children and their children’s children. Jesus tells his disciples that “whoever obeys and teaches these commandments will be called the greatest in the Kingdom of heaven.” Say a prayer in gratitude for someone who taught you about your faith. Consider how you can teach others the way of the Lord with your actions and your words. *Today’s readings: Deuteronomy 4:1, 5–9; Psalm 147:12–13, 15–16, 19–20; Matthew 5:17–19.*

### Thursday, March 27 Harden Not Your Hearts

We are reminded not to harden our hearts when we hear God. Jesus powerfully claims that “whoever is not with me is against me, and whoever does not gather with me scatters.” Reflect today on your Lenten journey. Have you taken time to listen to God? How have you responded? Commit to an action that will help open your heart to hear God’s voice: consider attending daily Mass a few times during the week, praying at a consistent time daily, or journaling with regularity. *Today’s readings: Jeremiah 7:23–28; Psalm 95:1–2, 6–7, 8–9; Luke 11:14–23.*

### Friday, March 28 Sinners Stumble

Though we stumble, we are challenged to walk the path of the Lord. Jesus’ answers to the query about the greatest commandment guides us in walking the path of the Lord. We are to love God with all our being and, from that, love our neighbor. Before going to sleep tonight, pray the examen. For information on doing so, visit [The Daily Examen at IgnatianSpirituality.com](http://TheDailyExamen.com). Focus on how you have loved God and your neighbor today and how to resolve to love God and your neighbor tomorrow. *Today’s readings: Hosea 14:2–10; Psalm 81:6c–8a, 8bc–9, 10–11ab, 14 and 17; Mark 12:28–34.*

### Saturday, March 29 A Heart Contrite and Humbled

Jesus’ parable encourages us to give God “a heart contrite and humbled.” The Pharisee, haughty and overly confident in being justified, compares his goodness to the tax collector and shares that he fasts, pays tithes, and keeps the commandments. The tax collector, on the other hand, repents and asks for God’s mercy. Acknowledging our sins frees us and gives space for God’s mercy. This weekend, offer God “a heart contrite and humbled” by going to confession. *Today’s readings: Hosea 6:1–6; Psalm 51:3–4, 18–19, 20–21ab; Luke 18:9–14.*

