



THIRD SUNDAY OF LENT 2020

A spring of water within,
welling up to eternal life

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From the Readings

The Lord said to Moses ... 'You must strike the rock, and water will flow from it for the people to drink.'

Exodus 17:6

And this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

Romans 5:4-5

Jesus replied to the Samaritan woman: If you only knew what God is offering and who it is that is saying to you, 'Give me something to drink,' you would have been the one to ask, and he would have given you living water ... Whoever drinks this water will be thirsty again; but no one who drinks the water that I shall give will ever be thirsty again: the water that I shall give will become a spring of water within, welling up for eternal life.' 'Sir,' said the woman, 'give me some of that water, so that I may never be thirsty or come here again to draw water.'

John 4:10, 13-15

Reflections

There is an outpouring of life and love that God wants to put into each one of us.

Jesus, I saw you sitting at the well, road-weary and exhausted, but when you asked me for a drink I was startled. There was something about the tone of your voice when you said, 'Give me a drink,' that caught me off guard. Your voice was not demanding, as were the voices I had come to know in my life of turmoil. It seemed more as if you wanted to share a drink with me. There was a tenderness in your voice, and I felt scared. I wondered what you really wanted of me. Then suddenly – there we were sharing living water together.

Macrina Widederkehr, Seven Sacred Pauses, 42-43.

As the drop of rain assumes its full identity when surrendering to the sea, so with us. Kathleen Raine in her poem 'Message' writes:

Look, beloved child, into my eyes; see there
your self, mirrored in that living water





from whose deep pools all images of earth are born.
See, in the gaze that beholds you dear
all that you were, are and shall be for ever.

Daniel O'Leary, Unmasking God, 14-15.

His forgiveness and salvation are not something we can buy, or that we have to acquire by our own works or efforts. He forgives us and sets us free without cost. His self-sacrifice on the cross is so great that we can never repay it, but only receive it with immense gratitude and with the joy of being more greatly loved than we could ever imagine: "He loved us first" (1 Jn 4:19).

Pope Francis, Christus Vivit, 121.

I have known her Weariness

I have known her weariness. I have known the burning shame of sin and of looking to be filled by all the wrong things. Which of us hasn't, friends? Which of us has not known the moment of coming to Jesus so parched that we will break all the rules to get the life we know he longs to pour into us. We will insist and beg and plead that he come to our aid...

He stands right here in front of you with the same knowing insistence. He longs for your healing, your freedom, but he will not give you only half of what you need. He will not treat the thirsty symptoms of your sin and leave you to walk in shame. He has fixed his gaze on your heart, and he sees the deepest parts of you that need him. Tell him the truth, the whole truth. Let him see all of you, even the parts that have not seen the light for so long, the parts you shroud and shelter in secret. He thirsts for you like you thirst for him. There is freedom waiting for you. You do not have to come to this place again. But he can't heal what you won't let him touch.

Colleen C. Mitchell, Who Does He Say You Are? 36-8.



For Thinking and Talking

1. **From these readings and reflections**, what words, phrases and insights stand out for you?
2. **Remember** a time when you were really deeply understood or when you reached out to another person with real understanding and compassion.
3. **Express** a hope or intention for the future.

Closing Prayer

God of Forgiveness
soften my heart,
heal me of old hurts and wounds,
and help me to forgive.
Bring me to peace.

Joyce Rupp, Inviting God In, 120.



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Acknowledgements: Daniel O'Leary, *Unmasking God*, Dublin: Columba Press, 2011.; Colleen C. Mitchell, *Who Does He Say You Are?* Cincinnati, Ohio: Franciscan Media, 2016; Pope Francis, *Christus Vivit*, 2019; Macrina Widederkehr, *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, Notre Dame Indiana: Sorin Books, 2008; Joyce Rupp, *Inviting God In*, Notre Dame Indiana: Ave Maria Press, 2001.