

## Here's a text if you've only a minute ...

The love of God has been poured into our hearts by the Holy Spirit  
which has been given us. *Second Reading*

He is our God and we the people who belong to his pasture,  
the flock that is led by his hand. *Psalm*

God of all compassion, Father of all goodness,  
to heal the wounds our sins and selfishness bring upon us,  
you bid us turn to fasting, prayer, and sharing  
with our brothers and sisters.

We acknowledge our sinfulness, our guilt is ever before us:  
when our weakness causes discouragement,  
let your compassion fill us with hope  
and lead us through a Lent of repentance  
to the beauty of Easter joy.

*Old Opening Prayer*

This week's readings:

Exodus 17: 3-7; Psalm 94 (95); Romans 5: 1-2.5-8; John 4: 5-42



'Anyone who drinks  
the water that I shall give  
will never be thirsty again ...'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



**PREGO LEAFLET**

**Third Sunday of Lent  
Year A, 8th March 2026**

God's love has been poured  
into our hearts!

From this Sunday onwards, our Lenten Gospels come from John and focus on very personal encounters with Jesus. Today, Jesus risks scandal by approaching a Samaritan woman at a well. Seeing her deepest need for healing, he invites her to draw from the well of living water. He is the Messiah she has been waiting for, and her response is a model of Christian discipleship. She believes, and with joy-filled faith, invites others from her community to encounter Jesus (**Gospel**).

The **First Reading** stands in stark contrast to this image of faith and surrender. Moses has led God's chosen people out of slavery from Egypt. Years of exile in the desert causes them to grumble and doubt. They are tired and thirsty. God hears their cry and provides a spring of water.

The **Psalm** reflects on this painful part of Israel's history and encourages us to be joyful and faithful; always listening to the voice of God and not hardening our hearts towards him.

The **Second Reading** is a beautiful letter of love, reminding us that God's love is forever poured into our hearts. Graced with so much love for us, we must never lose hope, no matter what trials we might face.

Filled with this love and sustained by living water, we, too, are called to go out beyond our comfortable boundaries to pour out God's love on others. This week, let us pray for the grace to respond generously to this love, and like the Samaritan woman, invite others to believe and be transformed by the healing love of God.



### Opening Prayer

O God, author of every mercy and of all goodness,  
who in fasting, prayer and almsgiving have shown us a remedy for sin,  
look graciously on this confession of our lowliness,  
that we, who are bowed down by our conscience,  
may always be lifted up by your mercy.

## Second Reading Romans 5: 1–2, 5–8

**B**rothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person – though perhaps for a good person one would dare even to die – but God shows his love for us in that while we were still sinners, Christ died for us.

Mindful that God's love is forever being poured into my being, I slowly settle into a prayerful posture that will better help me to receive the grace of the Holy Spirit into my mind, my body and my spirit.

I take a few deep stilling breaths, and then allow my breath to return to a rhythm that helps me to feel more present.

Turning to the text, I read it a few times.

I listen ... what words remain in my consciousness, inviting me to go a little bit deeper?

*Faith ... peace ... grace ... rejoice ... hope ... love ...* or something else?

This letter to the Christian community in Rome was written in earnest, heartfelt love for the recipients, to encourage, challenge and renew.

Mindful of these same intentions, I read it again as though it is written in earnest, heartfelt love for me. I imagine hearing the words spoken with great love, warmth and compassion.

Maybe I imagine God's love being poured into my heart ... filling, healing, soothing, overflowing, spilling out with joyful energy, longing to be shared out and poured into the hearts of others.

Who or where would I wish to direct that love in my prayer today?

I close my prayer by offering my own words of gratitude to God:  
Father Son and Spirit.

*Glory be ...*

## John 4: 5–42 (abbreviated)

**J**esus came to the Samaritan town called Sychar, near the field that Jacob gave to his son Joseph. Jacob's well was there, so Jesus, wearied from his journey, was sitting beside the well. A woman from Samaria came to draw water, Jesus said to her, 'Give me a drink.' The Samaritan woman said to him, 'How is that you, a Jew, ask for a drink from me, a woman of Samaria?' Jesus replied: 'If you knew the gift of God, and who it is that is saying to you: "Give me a drink", you would have asked him, and he would have given you living water'.

The woman said to him, 'Sir, you have nothing to draw water with and the well is deep. Where do you get that living water? Are you greater than our father Jacob?'

Jesus said to her 'Everyone who drinks of this water will be thirsty again; but whoever drinks of the water that I will give them will never be thirsty again. The water that I will give them will become in them a spring of water welling up to eternal life'.

The woman said to him, 'Sir, give me this water, so that I will not be thirsty or have to come here to draw water.' Jesus said to her, 'I who speak to you am he.'

*Here, we only have space to pray with a part of today's long Gospel.*

*If you have chance later, you may wish to devote more time to pray with and draw from the wisdom of the whole passage.*

I read the text several times, slowly, prayerfully. I then invite the Holy Spirit to fill my being with the love of God, and refresh my mind to hear what Jesus is offering me in prayer today.

Perhaps I take time to explore imaginatively this intimate meeting between Jesus and the Samaritan woman at the well. What do I see, hear and feel?

Maybe I then imagine Jesus approaching me as I go about my day.

What thirst, what longing, does Jesus see deep within me?

What do I hear him ask me? *'[My name], Give me ... (what)?'*

I listen ... I respond ....

What part of my life longs to be renewed by the living water of Christ?

After making my own sincere response to Jesus's invitation, I end my prayer with a prayerful sign of the cross.