

Life to the Full:

Living faith within our families

Monthly newsletter for parents: 19 March 2017

Third Sunday of Lent 19 March 2017

In this week's reflection on the Sunday Gospel, we explore what it means to **receive** Jesus Himself in our lives.



**TRUST
SURRENDER
BELIEVE
RECEIVE**



Prayer

Jesus,

you know that through all my searching, I will only be truly satisfied by drawing from you. Nourish my inner thirst and help me to recognise those things that are truly life giving.

Amen

Gospel: John 4: 5-42

In this complex story from the Gospel, Jesus arrives at a well in the town of Sychar and engages in a conversation with a woman who is drawing water. The Scripture says, 'Jesus, tired by the journey, sat straight down by the well.' How human Jesus seems in the description. You can imagine the dust clinging to him after making a long journey on foot. Both He and the woman are in need of the most ordinary refreshment: water. Over this simple human act, He draws the woman into a lively conversation about something even more fundamentally satisfying: the living water of eternal life. She was eager to understand, listening and questioning and finding that the more she engaged, the more clearly Jesus revealed himself to her as the Christ. From Christ, she **received** 'living water'; water for the soul.

The invitation to receive 'living water' is open to all of us. Are there areas in your life that are dry and in need of refreshment? Take a moment to reflect what it is that you are thirsty for. What do you need more of in your daily life?

What activities give you lasting refreshment? This could be something of a spiritual nature, like prayer or silence, or maybe something more practical, like enjoying an artistic or sporting activity. Reflect for a moment on what you might do to nourish your need for spiritual refreshment this week.

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The words "Trust, Surrender, Believe, Receive" are based on a song by Ronan Johnston, originally performed by the worship band Emmaus. They are kindly used with permission.
www.ronanjohnston.com

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Ten Ten Resources is an online resource for Catholic schools and parishes throughout the UK. It is part of Ten Ten, a charitable organisation dedicated to bringing matters of faith to a wider public sphere by inspiring audiences to examine aspects of spirituality and life through drama and storytelling.

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