

3rd SUNDAY OF LENT
THE WOMAN AT THE WELL
High School - WORKSHEET

	Purpose of this session
Profession of faith – mystery of God	Jesus brings us life (living water)
Scripture	John 4: 5-42 The woman at the well
Church	Water as a symbol of new life
Sacraments/liturgy	Sacrament of baptism (Youcat, pg 116-120) Sacrament of reconciliation (Youcat, pg 130-140)
Christian living/morality	Water as a basic human right
Prayer/worship	Renewal of baptism vows

Welcome and opening prayer: Taken from the Teen Prayer book

How important is water in our lives?

We cannot survive without water, we need it make crops grow, for cleanliness.

In many parts of the world, water is scarce and people suffer. Water is a gift from God and we should care for this resource – e.g. we should not pollute rivers and streams.

Let us look at some pictures of clean beautiful water scenes/ polluted water scenes/dry desert like conditions to illustrate the difference water makes in our lives.

What about the importance of water in our church?

We bless ourselves with holy water when we enter the church; we use holy water to baptize people.

We place some **holy water on the prayer table** and invite each of you to bless yourselves as we begin the session.

PROCLAIM AND BREAK

If we eat salted peanuts. What happens if we have too many (we get thirsty).
Would anyone like a cup of water.

Have a cup full of marbles/shells/stones/sand. Put some water in it.

Offer this to the teen. (He/she won't want it!)

So what is the problem? (It needs to be emptied before we can pour water in it.)

Explain: *This is something like Jesus did with the woman at the well* in John 4:1-26.

He met her and talked to her. Then by his questions he made her curious. He made her thirsty to know about God. But then after she was thirsty Jesus showed her that he could not fill her cup with the Living Water because the **cup was dirty**. She had to clean the cup first. Her cup was dirty **with sins** she needed to confess.

Read the gospel. John 4: 5-42 The woman at the well

It is quite a long gospel so you may have to get several people to read it and summarise as you go along OR you could tell the story in your own words.

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Summary:

The gospel reading tells us:

One, that **Jesus loves everyone** – no matter what colour we are or what nationality we are. The Samaritan woman was not a Jew and the Jews didn't like Samaritans.

Look at the map and see where Samaria is. See how Jesus would have traveled from Judea to Galilee. Why do you think he chose to go through Samaria?

He did so for a reason – to teach us something.

Two, **Jesus knows everything about us**. We can't hide anything from Jesus.

He knew all about her husbands! Yet he sat next to her.

One did not associate with these types in those days.

Three, **Jesus wants us to confess our sins and admit our wrong doing**.

*When she tries to change the subject, he tells her she **must worship in spirit and in truth***

Four, Jesus will change us. (Jesus gives us life – the living water)

Five, **we should want to tell others about Jesus**. (The woman told others about Jesus and they came to believe)

Discuss: **The Sacrament of Reconciliation** is one way in which we can meet Jesus. He can help us to change in the same way that he helped the woman at the well to change. Talk about Lent as an important time to be reconciled with God and to receive the sacrament (also a rule of the church!) If there is a parish reconciliation service, encourage them to attend.

(Lent is a good time to go to confession)

SEND

Briefly review sacrament of baptism and let us discuss what we know already about this (Why? How? When? What?) Adults Easter time

Renewal of baptism vows:

V. Do you reject Satan? R. I do.

V. And all his works? R. I do.

V. And all his empty promises? R. I do.

V. Do you believe in God, the Father Almighty, creator of heaven and earth? R. I do.

V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? R. I do.

V. Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

R. I do.

V. God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever.

R. Amen.

Baptism is done by our parents and our First Communion and Reconciliation

We do confirmation