

# Lectio Divina



## Lectio Divina for the Third Week of Lent

*We begin our prayer:*

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Look graciously, O Lord,  
upon the faithful who implore your mercy,  
that, trusting in your kindness,  
they may spread far and wide  
the gifts your charity has bestowed.  
Through Christ our Lord.

(Prayer over the People, Friday of the Third Week of Lent)

### Reading (*Lectio*)

*Read the following Scripture two or three times.*

John 4:5-15, 19b-26, 39a, 40-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who 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 do not even have a bucket and the cistern is deep; where then can you get this living water?"

Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

"I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one who is speaking with you."

Many of the Samaritans of that town began to believe in him. When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."



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## Meditation (*Meditatio*)

*After the reading, take some time to reflect in silence on one or more of the following questions:*

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

*If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.*

## Prayer (*Oratio*)

*Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.*

## Contemplation (*Contemplatio*)

*Read the Scripture again, followed by this reflection:*

What conversion of mind, heart, and life is the Lord asking of me?

*Jesus, tired from his journey, sat down there at the well. Does my daily schedule allow me time for prayer and rest? Does the way I spend my time, energy, and money reflect my priorities?*

*You would have asked him and he would have given you living water. For what do I need to ask the Lord? How can I grow in reliance that God will provide for all my needs?*

*God is Spirit, and those who worship him must worship in Spirit and truth. Am I attentive in prayer or does my mind wander? How can I learn more about the Mass?*

*After a period of silent reflection and/or discussion, all recite the Lord's Prayer and the following:*

## Closing Prayer:

Come, let us sing joyfully to the LORD;  
let us acclaim the Rock of our salvation.  
Let us come into his presence with thanksgiving;  
let us joyfully sing psalms to him.

Come, let us bow down in worship;  
let us kneel before the LORD who made us.  
For he is our God,  
and we are the people he shepherds, the flock he guides.

Oh, that today you would hear his voice:  
“Harden not your hearts as at Meribah,  
as in the day of Massah in the desert,  
Where your fathers tempted me;  
they tested me though they had seen my works.”

(From Psalm 95)

## Living the Word This Week

*How can I make my life a gift for others in charity?*

Attend daily Mass at least one day this week and be very attentive to the prayers and gestures of the Mass.

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