

**3<sup>RD</sup> SUNDAY OF LENT YEAR A 2026 – JOHN 4:5-42**

*(John 4:5–42 – The Samaritan Woman at the Well)*

Today we hear one of the most beautiful and powerful encounters in the Gospel: Jesus and the Samaritan woman at the well.

Jesus is tired. He sits at the well at noon — the hottest time of the day. A woman comes alone to draw water. She comes at noon because she wants to avoid people. She carries shame, rejection, and a broken past. She has had five husbands, and the man she lives with now is not her husband. She is thirsty — not just for water, but for love, acceptance, and meaning.

And Jesus asks her for a drink.

Notice something important: Jesus begins with a request. “Give me a drink.” The Creator of the universe asks a broken woman for water. God makes Himself vulnerable. He starts a conversation. He crosses barriers —

- religious barriers (Jews and Samaritans),
- moral barriers (a holy man speaking to a sinful woman), and
- social barriers (a man speaking publicly to a woman).

That is how God works. He comes to us where we are. He meets us at our well.

But soon the conversation changes. Jesus says, “If you knew the gift of God... you would have asked Him, and He would have given you living water.” The woman is thinking about ordinary water. Jesus is speaking about something deeper — the living water of grace, the Holy Spirit, the life of God within us.

Brothers and sisters, every one of us has a well. We keep going back to things that promise happiness: success, relationships, money, pleasure, recognition. But after some time, we are thirsty again. Nothing in this world can completely satisfy the human heart.

Only Christ can.

St. Augustine once said, “Our hearts are restless until they rest in You.” That restlessness is our spiritual thirst.

Notice how gently Jesus leads the woman to conversion. He does not condemn her. He reveals the truth about her life, but with mercy. He helps her face her reality — not to shame her, but to heal her. True conversion begins when we allow Jesus to look into our hearts.

Lent is our time at the well. It is a season to let Jesus speak to us honestly. In prayer, in confession, in the Eucharist, He says to us: “I know your past. I know your struggles. And I still desire you.”

When the woman understands who Jesus is, everything changes. She leaves her water jar behind and runs back to the town. The jar represents her old life, her old thirst, her old priorities. She leaves it behind because she has found something greater.

**And she becomes a missionary. Imagine how Jesus makes a sinful woman a Missionary of his own.**

The woman who once avoided everyone now goes into the town and says, “Come and see a man who told me everything I have done.” She is no longer ashamed. **An encounter with Christ transformed her fear into courage.**

That is what happens when we truly meet Jesus. We cannot keep Him to ourselves.

So today we must ask ourselves:

- What am I thirsty for?
- What “wells” do I keep returning to that do not satisfy?
- Am I willing to let Jesus speak truth into my life?
- What “water jar” do I need to leave behind this Lent?

My dear friends, Jesus is sitting at the well of your life right now. He is not waiting to condemn you. He is waiting to give you living water.

If we open our hearts, if we allow Him to fill us, we too will leave this church changed — and we will say to others, “Come and see.”

May this Lent be our encounter with Christ. May we drink deeply of His living water. And may our thirst finally be satisfied in Him. Amen.

***Leo Charles***

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