

3RD SUNDAY OF LENT 2026

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

Think about Jesus, something important: Jesus begins with a request. **“Give me a drink.”** The author says, **“Jesus, tired from his journey, sat down there at the well.”** Think about that. The Creator of the universe is **“tired.”** He waits for her. He doesn’t wait for her to get her life together, to finish her penance, or to find a better reputation. He waits for her in the mess of her “noon-day” reality.

When he asks, **“Give me a drink,”** he isn't just asking for H₂O. He is breaking every social, religious, and gender barrier of his time to reach her. He uses his physical thirst to bridge the gap to her spiritual thirst. He makes Himself vulnerable. He initiates the 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 takes initiative to come to us. He comes to us where we are. He meets us at our well. Because He knows what we are and we need.

Now, think about this woman. She comes to the well at noon, the hottest part of the day. Why? Because she’s avoiding the other women who come in the cool of the morning. She’s an outcast. She has been married five times, and the man she is with now is not her husband. Her life is a mess. She is thirsty—not just for water from the well, but for acceptance, for love, for something that will finally quench the deep ache in her soul. She has been trying to satisfy her deepest thirst with relationships, with status, with the ordinary water of

human approval, and it has always left her empty. She keeps coming back to the well, day after day, because nothing lasts.

Dear friends, compare these two situations: God takes initiation to make ourselves realize what we are, who we are and why we are. He comes forward on his own way within the limitation of human necessity. He is thirsty too. But his thirst goes deeper than physical need. He thirsts for *her*. He thirsts for her faith. He thirsts to give her the one thing that can truly satisfy her: Himself.

Then He says to her, ***“Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst.”***

This is the heart of Lent. Lent is not just about giving up chocolate or social media. Lent is about recognizing that we are all like that woman. We all have a God-shaped hole in our hearts. We all try to fill it with "well water"—with success, with possessions, with entertainment, with human relationships that we put unfair pressure on to save us. And like the woman, we find ourselves coming back to the same dry wells, day after day, wondering why we are still thirsty.

St. Paul tells us in the second reading, ***“The love of God has been poured out into our hearts through the Holy Spirit that has been given to us.”***

This is the living water. It's not a feeling. It's a person. It's the grace of God made available to us through Jesus Christ. When the woman finally understands who she is talking to—the Messiah—she doesn't need the well water anymore. She leaves her water jar behind. What happened: She came for water, but she found something so much greater that she forgot what she came for. She runs back to the very town that shunned her. Her encounter with Christ has quenched her thirst so completely that she can't keep it to herself. When she 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, evangelist. 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.** 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. Yes friends, the author makes us clear that, however sinful we are, whatever weakness we have, whatever barrier we have amongst our living, God make us his missionaries. What he expects from us is our willingness and the realization His necessity within us.

St. Augustine once said, **“Our hearts are restless until they rest in You.”** That restlessness is our spiritual thirst. If you notice the picture of Saint Mother Teresa of Kolkata, you find the quote: **“HE THIRSTS”**

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.”**

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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.

Don't be afraid of the "noon-day" heat. Don't be afraid of your history. If Jesus could transform **a social outcast into an apostle in one afternoon**, imagine what he can do with your Lent if you just give him a drink.

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.

Savio

 for more reflections, [click here](#)
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