SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

Welcome to Week 3 of Lent—a special time to grow closer to God and to one another. This week, our reflection is inspired by the beautiful passage from St. John 4:5-42, where Jesus meets the Samaritan woman at the well and tells her, "But whoever drinks the water that I will give him will never be thirsty."

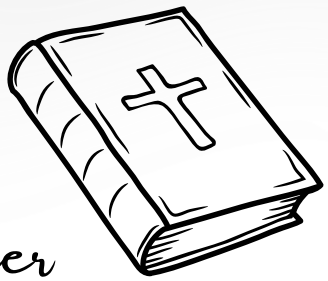
As we journey through Lent, this reminder invites us to seek the living water that only Jesus can give—a water that satisfies our deepest needs and brings true peace and joy. Let us take time together as a family to reflect on how Jesus quenches our spiritual thirst and how we can share His love with others.

May this week be filled with grace and renewal for your home!

God Bless,

Mrs Linda Payne
Executive Headteacher

Lent - Week 3



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture, a quote from St. John 4:5-42



"But whoever drinks the water that I will give him will never be thirsty."

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Reflect

4. Spend a moment reflecting on this week's message. In this passage, Jesus said, **"But whoever drinks the water that I will give him will never be thirsty."** Here, Jesus is talking about something very special—He is offering us something that can satisfy us forever, just like water satisfies our thirst.

Imagine being really thirsty on a hot day and drinking water. It makes you feel better. However, after a while, you get thirsty again. Jesus is saying that the "water" He gives is not ordinary water—it is a special kind of water that fills our hearts and souls so deeply that we never feel empty or thirsty again.

This "water" is actually His love, His grace and the Holy Spirit. When we believe in Jesus and follow Him, He fills us with His love and peace. That means no matter what happens, we always have something inside us that makes us feel happy, safe, and loved.

So, when Jesus talks about this water, He's inviting us to come to Him and receive His love, which will keep us spiritually full and joyful forever!

Pray

5. Spend a minute in complete stillness and quiet, reflecting and then say the prayer below together.

Dear Lord Jesus,
Thank You for the water You give that never runs out.
Help me to drink from Your love every day,
So I will never be thirsty for anything else.
Fill my heart with Your kindness and joy,
And help me share Your love with my friends and family.
Amen.



Living out the Message

6. Children can live out the scripture, 'but whoever drinks the water that I will give him will never be thirsty,' in simple and meaningful ways. For example:

- Praying regularly: Just like drinking water keeps our bodies alive, prayer helps keep our souls connected to God and spiritually refreshed.
- Being kind and loving: Sharing Jesus' love with others by helping friends, family, or those in need shows that they are living out His message.
- Going to Mass and receiving the sacraments are ways to receive the "living water" Jesus offers, nourishing their faith and their relationship with God.
- Reading Bible stories: Learning more about Jesus helps them understand how to live according to His teachings.
- In simple terms, it is about turning to Jesus for strength and love every day, so you never feel spiritually "thirsty.."