



Year A – Week 3: Meditation: Only God Satisfies

***{Start with reviewing the previous meeting's challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Jn 4:5-42**

After the Reading Conclude with this prayer:

Jesus, You are the living water that quenches our thirst. May we take the time to slow down and allow You to quench our thirst. In Your name. Amen.

Reflection or Discussion Question:

1. What is the living water spoken about in this story?

YouTube Video: When Nothing Else Will Satisfy: Third Week of Lent with Fr. Toups (5:52 min) -

https://www.youtube.com/watch?v=riyWT_kthX4&list=PLeXS0cAkuTPqHL-7z8Vo8OQbGHyTj6ch3&index=4

Reflection or Discussion Questions:

2. Fr. Toups talks about how, just like the woman at the well, Jesus pursues us and He wants to liberate us. What do you think/feel He wants to liberate us from?
3. Do you find that you struggle with comparisons? Such as comparing yourself to others or comparing what you wish life would be versus what it actually is.
4. Can you think of reasons why comparisons of your Lent to others' Lenten experiences may not be fruitful? Are there ways that you have found to help you stop comparing?
5. Fr. Toups shares that we all have a desire for more. Why do you think God created us this way? How does it make you feel that Jesus thirsts for you? To have a relationship with you?
6. We all have a desire for more and yet many times hold back or hide parts of our hearts/lives from Jesus. In what ways do you hold back from Jesus or try to hide?
7. Fr. Toups encourages us to slow down and pay attention and ask God what we are searching for. What more do you want? What do you think/feel would make you happy?

Session Challenges: {Make every effort to do both challenges}

- Review and renew your Lenten commitments in light of this video. Be sure to release your burdens and sins by making time to go to confession this week if you haven't gone in the last 2 months.
- Like the woman at the well shared her story about Jesus, we invite you to share how ESG has impacted your life and invite one person to join one of your ESG gatherings.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Lord, nothing will satisfy our deepest desires other than a relationship with You. Place a great desire on our hearts to carve out the time we need to talk with you moving forward through Lent. Just like the woman at the well, help us to bring others to the living water so that their thirst may also be filled. We ask this all through Your divine power, Amen.

{Optional additional Readings} Sunday Reading 1: **Ex 17:3-7**; Sunday Reading 2: **Rom 5:1-2, 5-8**

Additional Personal Prayer: Prayerfully reflect with this daily- <https://www.mcfathers.org/i-thirst.html>