

Third Sunday of Lent Year A- 12th March 2023

Introduction

Today is the third Sunday of Lent. (Ask the children if they can tell you what we mean by Lent?) A time of forty days of preparation for Easter, beginning on Ash Wednesday. In Lent we do three things to bring us closer to God, so that we may truly celebrate the joy of Easter. During Lent we **PRAY** more, we **FAST** (give up something we like), and we show love or **CHARITY** to those around us by being generous and sharing and not being selfish. The most important of these three actions is prayer. As we are almost halfway through Lent ask the children about the things they have been doing to prepare for Jesus' resurrection at Easter.

Make the Sign of the Cross – a sign of the love God has for us. (This is optional, as we have already done this at the start of Holy Mass, but for young children it helps to demonstrate and practice how to do this correctly.)

Light the candles on the table next to the Lectionary. An adult lights the candles).

Penitential Act

Ask the children to think about how they have behaved in the past week. Ask them if they have always been kind and helpful to others, obedient to their parents, listened to their teachers etc.

Lead the children in singing the "Sorry Song".

We are sorry,
Truly sorry,
Heal us Lord,
In Your love,
Help us to do better,
Help us to be kinder, (sung to tune of Frere Jacques)
Forgive us,
Forgive us.

NO Gloria DURING LENT

All stand to welcome the Gospel singing the **Gospel Acclamation:**

Praise to You Lord,
King of Glory,
Help us to,
Change our lives,
Strengthen our faith, (same tune as above)
In God's Good News,
Praise to You, Lord,
King of Glory!

Gospel

Select the correct Gospel from the Children's Lectionary. This week it's on page 28-29, Third Sunday of Lent, in the Book of Readings. The Lectionary Adapted for Children." (Year A)

John 4:5-7,9-11,13-19,25-26

"A reading from the Holy Gospel according to St. John".

Explain and demonstrate – make three crosses: one on your forehead, one on your lips and one on your heart (in this way we think God's word, speak God's word and keep God's word in our hearts) **as we say together "Glory to You, O Lord."**

Read the Gospel aloud to the children. At the end say: **"The Gospel of the Lord"**.

All reply: **"Praise to You, Lord Jesus Christ"**. Ask everyone to be seated.

Lead a Discussion on the Gospel

Tell the children that you are going to tell them a riddle and ask if they can solve it.

Heat me up and I am steam. I turn icy in the cold. You can find me in a well, in a glass and in a stream.

In a tub I overflow. I can run and I can spill. I can quench your thirst. My other name is H₂O.

What am I? (water)

Water and how it is used and what it symbolises is the topic of discussion today.

Have you ever visited a place that was very dry and didn't get much rain?

What is it like?

How do people conserve and use the water (wells, irrigation etc)

Why do we need water? (drink, wash ourselves, wash our clothes, swim, water plants). Imagine what it would be like to have to go to a well to get water for all of our needs.

In the Gospel, Jesus approaches a well. How do you think Jesus felt travelling in this dry land?

Have you ever felt really thirsty? When?

In countries that were dry and had little water people often met at the well and chatted. What did Jesus say to the woman? (He asked her for some water and offered her "living water").

What did Jesus mean by living water? (God's love and grace. Water in the Bible is used as a symbol of life).

At church we use water to symbolise God. When do we use this "living water"? (At Baptism, the holy water we use to bless ourselves with as we enter the church).

Why was it unusual for Jesus to talk to this Samaritan woman? (Jews and Samaritans did not usually talk to each

other. By talking to her Jesus shows that he loves everyone, no matter what they believe, where they came from, the colour of their skin, whether they are man, woman, boy or girl, rich or poor.

We are all different, but still need many things to live. What are they? (We all need water to drink, like Jesus in the Gospel. We need to eat food, a safe place to live, somewhere to learn, and people to look after us).

This week think of how important water is in your daily lives. Remember that God is also important in our lives. God wants us to pray each day and treat everyone with kindness and respect.

Prayers of the Faithful (optional/ time dependent)

You may wish to prepare some of these yourselves or ask the children for their prayers. Here are some suggestions for today:

Lord Jesus, help us to try our best during Lent to come closer to You by **praying** to You - remembering to tell You that we love You, that we are sorry for our faults and also to thank You for all the love that You show us.

Lord, in Your mercy.

All reply: **“Hear our prayer.”**

Lord Jesus, help us to try our best during Lent to **fast** by giving up something that we like and to show **charity** by not being selfish and being kind and generous to others especially those who have less than we have.

Lord, in Your mercy.

All reply: **“Hear our prayer.”**

Closing Prayer

Hail Mary, full of grace.....

Amen. Now ask for volunteers for the Offertory Procession. After the procession, children return quietly to sit with their families in church.