

Reflection

3rd Sunday of Lent

First Reading: [Exodus 17:3-7](#)

Second Reading: [Romans 5:1-2, 5-8](#)

Gospel: [John 4: 5-42](#)

“Everyone who drinks this water will be thirsty again;
But whoever drinks the water I shall give will never thirst;
The water I shall give will become in him
A spring of water welling up to eternal life.”



I consider myself a late bloomer when it comes to having a deeper understanding of my faith and a real relationship with God. It wasn't until I was in my thirties that I realized my faith and beliefs were something I never questioned, examined, or worked on. Without even realizing it, I was thirsty and needed direction and guidance towards finding the water that leads to eternal life that Jesus was offering.

That guidance came to me in a group of amazing GNSH women. They helped me to rebuild the foundation of my faith so that it was strong and could grow and evolve. My faith is now a living part of me that continues to examine, question, and learn.

**Whereas before, the water would only quench my thirst for a short time,
now I feel the water is feeding my soul and helping me to grow in God's love.**

The one thing that I have always connected with in the story of the woman at the well, is the Samaritan woman herself. She can not understand why Jesus would even be talking to her because she is a Samaritan woman, married many times, and now with a man who is not her husband. I used to really struggle with a sense of “unworthiness” for all the blessings I've experienced in my life.

It is not a result of low self-esteem, but rather a sense that there are so many others I feel are more deserving and I sometimes feel unworthy. Once again, it was the guidance and wisdom of a GNSH that helped me see that we are all worthy of God's love and no one is more deserving than another.

We are all invited to drink the living water.

Fru Finn, GNSHAssociate, at-a-distance

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