

"God is spirit, and those you worship must worship  
in spirit and truth" John 4: 24

# Lent Week Three

## Third Sunday

LIGHT: 8 Tealights + Christ Candle

PRAY: Loving God, Let us be reminded that You are still tending the garden and help me to bear fruit today. Amen



EXTINGUISH: 4 Tealights

READ: John 4: 5-42

REFLECT: My food is to do the will of the one who sent me, and to complete his work.

BLESS: May God bless you and keep you! May He continue to work in and through you to bring light and life, love and peace to a broken world. Amen

## Practice

Ideas for an act of kindness that you can show others this week

- Pick up rubbish around your school or neighbourhood
- Donate unused or outgrown clothing to a nearby charity
- Bake cookies and deliver them to a neighbour
- Let someone go in front of you in line at the store
- Set the table for dinner and clean up afterwards too
- Leave a happy note in a library book for someone to find later



## Activity

From the east and from the west, from the north and from the south, food is at the center of community in many cultures - and therefore a great way to introduce your family to customs and traditions different from your own.

This week, try three new dishes from a variety of cultures, and open your family's hearts and palates to the beauty of God's diversity.



## Conversation Starters

- If you could change one thing in the world, what would you change?
- What's the biggest way you've changed over the years?
- Jesus calls us to repent. How does that make you feel?
- Have you ever experienced the sacrament of Reconciliation? How did you feel afterwards?

