

Each week during the Lenten season, one of the members of the Cathedral family will be offering a reflection on the Gospel. As Lent is a time of preparation, we hope that you will consider discussing this reflection with your son each week as well all prepare for the joy of Easter.

2026 CHS Lenten Reflections: 3rd Sunday of Lent

In this week's Gospel, Jesus reminds us that we can find God in the most common of places. In today's Gospel, Jesus changes the life of an ordinary woman who was simply fetching water at the local well.

Jesus is tired and thirsty, sitting at the well while his disciples are in town. The woman comes for water, doing a familiar chore. Yet in this everyday moment, her life changes as she interacts with the Son of God. In this interaction, Jesus offers the woman more than a jar of water that will quench her thirst for the moment. Instead, He gives her this offer, "Whoever drinks the water I shall give will never thirst."

Often our encounters with God may begin in ordinary places—daily routines, quiet struggles, moments of despair. Like the woman, who was living in sin, we may come carrying our own thirsts: for love, acceptance, purpose, forgiveness. But we are reminded that we can find God in these moments in the most regular of instances.

Jesus also tells us in this Gospel that the "living water" he offers the woman represents the promise of God, the grace that fills the deepest emptiness of our human heart. Like the water from the well, earthly things satisfy us only temporarily; but God's "living water" that he offers is eternal.

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