



## Nurturing Faith... Every Day in Every Way

March 15, 2020

Exodus 17:1-7

Psalm 95

Romans 5:1-11

John 4:5-42

### Third Sunday in Lent

Good morning, friends! Have you ever been thirsty? What does that feel like? (allow for answers) What helps you be NOT thirsty? But what if you were really thirsty and I gave you...oh, I don't know...some crackers...Would that help your thirst? (No!) Why not? [pause for answers] It'd only make you thirstier? Really? Ok, what if I gave you...a pile of salt! Would that help? No? Are you sure? So what would happen if we kept drinking and eating things that didn't help our thirst? What would happen to us? You're right... We would not feel very good. We might even die(!). So this "thirsty" word mostly gets used in the way we just talked about: Our throats and mouths get dry and maybe raw -- and we need something cool and wet to make it better. And if we don't drink something or we drink the wrong thing, then our bodies don't do too well. We don't feel well.

Our hearts, minds, and souls can also get thirsty for God's love. But do you know what we sometimes do? We try to give our hearts, minds, and souls something else for that thirst, and that doesn't work out very well for us just like eating crackers and piles of salt doesn't help a thirsty person.

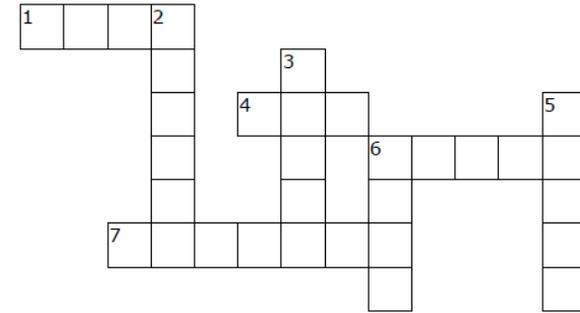
In today's gospel story, that is the kind of thirst that Jesus is talking about with the woman at the well. The woman has been giving things to her thirsty heart, mind, and soul that left her feeling not very good. And Jesus knows this. Which is why he tells her, "Ask for living water so that you'll never be thirsty again."

And you know what? Because the woman at the well listened to Jesus, it helped her to know what her heart, mind, and soul needed. She was so excited that she went and shared this news with everyone she could, which led to many people in the town choosing to go listen to Jesus. So Jesus stayed there for two more days to talk to them about how they could receive God's love.

The same thing is true for us: As we listen to and learn from Jesus about God's love and healing, then we can better receive God's living water and share it with those around us. \*adapted from R4.org\*

**Gracious God, thank you for your Son Jesus who is our living water. Help us to share this good news. Amen.**

## Crossword Puzzle



### ACROSS

1. A present; something given without cost
4. The creator of heaven and earth; our Heavenly Father
6. A clear, colorless, odorless, and tasteless liquid; H<sub>2</sub>O
7. Continuing forever

### DOWN

2. To feel the need for a drink
3. An adult female person
5. The act of taking liquid through the mouth
6. A deep hole or shaft dug or drilled to obtain water

WELL  
GIFT

WOMAN  
DRINK

WATER  
GOD

THIRST  
ETERNAL

**Activity:** Buy a six-pack of water bottles and make special labels that invite others to church. Use this as an example: Hand them out this week to neighbors and friends.

Come and Join us Sunday, 10 AM  
St. Andrew Lutheran Church, Portsmouth  
Taste the Living Water

**Discussion Question:** Have you ever felt like no one has understood you and were afraid to talk to someone? Discuss with your family.

### Family Table Prayer for March:

If you love the Lord, your God, stomp your feet!  
If you love the Lord, your God, stomp your feet!  
Lord, you give us what we need and we thank you,  
YES INDEED!  
If you love the Lord, your God, stomp your feet.

**March Memory Verse:** Psalm 95:1 Come, let us sing to the Lord! Let us shout for joy to the rock of our salvation.



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