

Our Lady of Perpetual Help Parish **Bulletin for Teens**

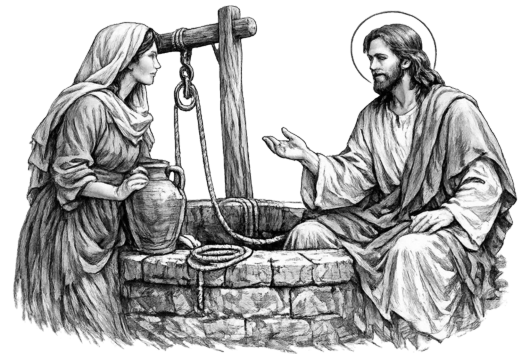


Give Me a Drink

Sunday the 8th of March 2026, Third Sunday of Lent, Year A

Gospel: John 4:5-16, 19-26, 39-42

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied:



'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.'

'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied:

'Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.'

'Sir,' said the woman 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said:

'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know: for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshipper the Father wants. God is spirit, and those who worship must worship in spirit and truth.'

The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.'

Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

The Gospel of the Lord.

“Anyone who drinks the water that I shall give will never be thirsty again”

We all know what it’s like. The experience of really wanting something, but upon obtaining the thing we desire, we have this underlying feeling that something is still missing. Maybe you remember when you were a little kid, and you were really looking forward to that bowl of ice cream after dinner. Throughout the whole meal part of your mind is constantly fixed on the ice cream. When you finally get it, you notice that it’s a little too cold, or too sweet, or its gone sooner than we’d like. We’d probably never admit it, but we’re not really satisfied with the thing we thought we wanted.

The problem is, we don’t really desire the thing we think we’re seeking, we desire the thing that makes it good. Beyond your bowl of ice cream is a longing for that which is truly sweet and truly nourishing, God Himself.

Try another example. You’ve had a really rough day, and you really want to talk to your friend about it. You hope they’ll understand, comfort, maybe offer some advice. When you finally get to talk to them though, they don’t quite get it. They try their hardest to listen, but they keep focusing on the wrong points, they offer advice, but it doesn’t quite fit. Not because the other person has done anything wrong, but because what you truly desire is the perfect understanding, comfort, and counsel that comes from the Lord Himself.

This is what Christ means when He says, “anyone who drinks the water that I shall give will never be thirsty again.” Inside our hearts is a deep thirst, an unending ache for perfect goodness, truth, and beauty, which is found only in the Love of Christ.

The Samaritan woman had been searching for this love in all the wrong places, in created things. Upon meeting Jesus, she found the true source and summit of all her desires. She is so captivated by what she finds in Him, that she leaves her old desires behind and rushes to share what she has found with everyone.

Questions for reflection:

Where do you usually go when you feel empty, tired, or overwhelmed?

Is there a way you could bring God into this experience?

What is something you might be holding onto that isn’t really meeting your desires?

A message from Mother Teresa: The Thirst of Jesus



“Jesus wants me to tell you again how much is the love He has for each one of you—beyond what you can imagine. Not only He loves you, even more—He longs for you. He misses you when you don’t come close. He thirsts for you. He loves you always, even when you don’t feel worthy...”

Why does Jesus say ‘I thirst’? What does it mean? Something so hard to explain in words— ‘I thirst’ is something much deeper than Jesus saying ‘I love you.’ Until you know how deep inside Jesus thirsts for you—you can’t begin to know Who He wants to be for you. Or who He wants you to be for Him.”

An extract from ‘Come Be My Light: The Private Writings of the Saint of Calcutta,’ edited by Brian Kolodiejckuk, page 42.