

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	John 4:5-42	The woman at the well
Monday	Genesis 24:1-4,10-27	Rebekah at the well
Tuesday	Genesis 29:1-14	Rachel at the well
Wednesday	John 7:37-44	Streams of living water
Thursday	Revelation 21:5-7, 22:1-5	The spring of the water of life
Friday	Revelation 22:12-17	Come, whoever is thirsty!
Saturday	Psalms 104:1-14,24-30	God waters the earth
Sunday	John 9:1-41	The man born blind

SCRIPTURE VERSE FOR THIS WEEK:

But no one who drinks the water I give will ever be thirsty again. The water I give is like a flowing fountain that gives eternal life." *John 4:14* (CEV)

SAY, PRAY AND BLESS:

A Prayer for the Week:

Pour your love into our hearts, God, and let it overflow to others. Amen.

Mealtime Prayer:

God, our bodies and souls depend on you. Thank you feeding our bodies. Please feed our souls too for eternal life with you. Amen.

A Blessing to Give:

May Jesus pour his love into your heart. May you be filled to the brim with his living water, a spring gushing up to eternal life. Amen.

CARING CONVERSATION:

Discuss in your household or small group:

- What is your favorite drink? Why?
- Jesus says that those who drink the water he gives to them will never be thirsty again (John 4:13-14). What do you think he means?
- The woman Jesus met at the well asked him some questions. What is a question you would like to ask Jesus?

DEVOTIONS:

Jesus told the woman at the well that God wants people to worship him “in spirit and in truth” (John 4:23). As part of your home devotional time this week, talk about your household’s experiences of Sunday worship. Why do you worship? What helps you to worship? How does participating in Sunday worship assist you to know and follow Jesus? Discuss ways in which you could better support the worship life of your congregation. Say a prayer of thanks for your congregation and those who plan and lead worship.

SERVICE:

Lent is a season for getting back to basics, centering our focus on the most important things and stripping back some of what is excessive or unnecessary. Consider one or more of these ways of simplifying your household’s lifestyle in Lent:

- Designate one day a week as “media free day” – turn off TVs, computers, stereos etc. Go for a walk or play a game together.
- Cut back on desserts or meal trimmings. Eat soup and bread at least once a week.
- Sort through your household items and set aside what you no longer use. Donate items still in good condition to a local charity store.
- Try to cut back on your usage of water and electricity. Agree to shorten showers and to turn off unnecessary lights.

RITUALS AND TRADITIONS:

Resolve to drink only water in your home this week. Write up or type Jesus’ words “Come to me and drink” (John 7:37) and attach to your water jugs or water bottles. Throughout the week, reflect on ways in which God has satisfied your needs in body and in spirit.