

Daily Bible Readings:

These readings are related to the Lectionary readings for this Sunday. Try 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

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Scripture Verse for this Week:

Jesus replied, "Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life." John 4:13-14 (NLT)

- Cut out & carry with you.
- Say at each mealtime.
- Read at bedtime.
- Commit to memory.

Prayer for the week:

"Lord Jesus, I am thirsty. Please give me the living waters that satisfy. Amen." (John 4:10,13)

For Throughout the Day:

"Pour your love into my heart, O God, and let it overflow to others. Amen." (Romans 5:5)

Mealtime Refrain:

"Come, let us worship and bow down: Let us kneel before the Lord our maker." (Psalm 95:6)

A Blessing to Share:

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

Mealtime Prayer:

"Lord Jesus, you are the source of living waters. Thank you for satisfying our physical hunger and thirst. Teach us to always rely upon you. Amen."



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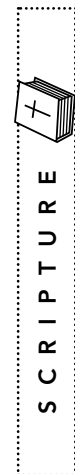
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Faith Talk:

Discuss in your household or small group:

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

Devotional Practices:

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 family devotional time this week, talk about your family’s experiences of Sunday 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 church and those who plan and lead worship.

Rituals and Traditions:

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

Service:

Fasting – going without food – is a traditional Lenten practice. Decide together on a meal that you will forgo as a family this week. Estimate the amount of money you would otherwise have spent on food and donate that sum to a charity assisting those in financial difficulty.

Parent Toolbox: Lenten Simplicity

Lent is a season for “getting back to basics” – for centering our focus on the most important things in our lives by stripping back some of what is excessive or unnecessary. Consider one or more of these ways of simplifying your family lifestyle in Lent:

- Designate one day a week as “media free day” – disavow 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.
- Choose “home grown” forms of entertainment instead of spending money on going out.
- 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.



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