

# 3rd SUNDAY CYCLE A TEEN groups

**Materials:** Bible, candle, crucifix, dirt, water, two dry sponges, two small cups, paper, pens, meditative music

**Opening Prayer:** Jesus, you bring out the best in us. Thank you for the power of the Holy Spirit who helps us live as your disciples. Amen.

**Reading Scripture:** Exodus 17:3-7; Psalm 95:1-2, 6-9; Romans 5:1-2, 5-8; John 4:5-42

## Let's Reflect

### Jesus brings out the best in us.

**Reader 1:** In the Gospel, Jesus meets a Samaritan woman at a well and asks her for a drink of water. This is shocking to the woman because she has a bad reputation. Also, rabbis would not talk to women in public, and Jews and Samaritans hated each other.

**Reader 2:** Jesus breaks all boundaries. He invites the woman to drink of the water he is offering. Amazed and changed by Jesus' words, the woman tells the villagers that she has found the Messiah.

## Let's Explore!

**Preparation:** two dry sponges, cup of dirt, cup of water

Four volunteers form pairs. Two hold cups, and two hold sponges. Pour the dirt on one of the sponges and the water on the other. Discuss the effects that the dirt and water have on the sponges.

**Leader:** The water brought out the best in what the sponge is supposed to be. Jesus' living water does the same to us; it gives us life, brings out the best in us, and helps us become who we are created to be.

Teens will write several things they would like to change in their lives in order to be better persons.

## Let's Talk!

Form small groups and discuss the following.

1. The dirt symbolizes choices that can mess up our lives. What are some of these choices? Discuss.
2. The water symbolizes the Holy Spirit that you received at Baptism. Name some people who bring out the best in you. How can you help others to be their best? Discuss.
3. Jesus talked to the Samaritan woman even though it was culturally unacceptable. Who are the people you find difficult to accept? Why?
4. Knowing her sins, Jesus still accepted the woman, and this changed her life. Jesus also knows your sins and accepts you. Does this mean that Jesus wants you to keep sinning? Discuss. What does the Church offer to help us reconcile our lives? Discuss.

## Let's Live It!

Select one or more actions and be prepared to share next week.

1. Like the Samaritan woman, share your faith with someone.
2. This week try to drink water instead of soda or other flavored drinks. Thank God for the gift of water.
3. Find a water project at Catholic Relief Services (CRS) [www.catholicrelief.org](http://www.catholicrelief.org). As a group, have a car wash or bake sale and donate the funds to this effort.
4. Celebrate the Sacrament of Reconciliation this week.
5. Pray the Memory Verse each day.

## Let's Pray!

Have a table with a Bible, candle, and bowl of water. Play soft music.

Use the list from **Let's Explore!** and write a prayer asking Jesus to help you to become the best person you can be by making good choices.

**Leader:** In the Name of the Father, and of the Son, and of the Holy Spirit.

**All:** Amen.

With the water, the leader makes the sign of the cross on each person saying, "**Name, by your Baptism, you have the power to make good choices.**"

**Response:** Lord, thank you for the power of the Holy Spirit.

Extend the sign of peace to one another. The prayers can be taken home as a reminder of the power of Baptism.