

ARCHDIOCESE OF SEATTLE

At Home with

Faith

Jesus transformed the life of the woman at the well by demonstrating that he knew her deeply. We can learn from Jesus' example by taking time to listen deeply to the people we love, creating space for the Holy Spirit to enter.



Photo: Adobe Stock

In his conversation with the Samaritan woman at the well, Jesus demonstrates the power of listening and being patient. Jesus spends a generous amount of time getting to know and understanding a woman who is initially reluctant to trust him.

Jesus spends time with her and patiently works through a back-and-forth conversation where he invites and challenges her. Eventually, the woman at the well recognizes that Jesus truly sees and understands her, better than she understands herself. This creates the opportunity for conversion.

We can all learn from Jesus in this encounter by listening and being patient with those we love. Doing this takes time, but it also creates space for conversion.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Exodus 17: 3-7

The people grumble, demanding water from Moses.

Psalms 95

Listen for the voice of the Lord.

Romans 5:1-2, 5-8

God proves his love for us through Jesus.

John 4:5-42

Jesus promises living water to the woman at the well.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Listening deeply can make all the difference in our relationships. Jesus transforms the life of the woman at the well because she discovered that he knew her better than she knew herself. While we lack Jesus' divine powers of perception, we can still learn from his example.

Let's take time this week to deeply listen to the people we love. That means we may have to wait for some time before we say the things we want to say. There may even be times when we must choose not to give advice or offer solutions. Sometimes, just listening is the most important thing to do.

Once our family knows that we know them and truly appreciate their experience, that will open the door to true communication and deepening of relationship.

Visit us online for more prayer resources and weekly Lenten reflections:

<https://archseattle.org/lent/>



Photo: Adobe Stock

Check out this 6-minute video about how fasting can change us, for the better!



Fasting Can Change You Forever

<https://youtu.be/n834QqLLYhQ>

Add Lenten inspiration to your social feed by following the **Archdiocese of Seattle on Facebook or Instagram.**

You can do hard things! Read this article about how:

Lent may be hard, but we can do hard things

<https://nwcatholic.org/> (search "The Hard Work of Lent")

For more resources, visit us online at:

<https://www.athomewithfaith.org>