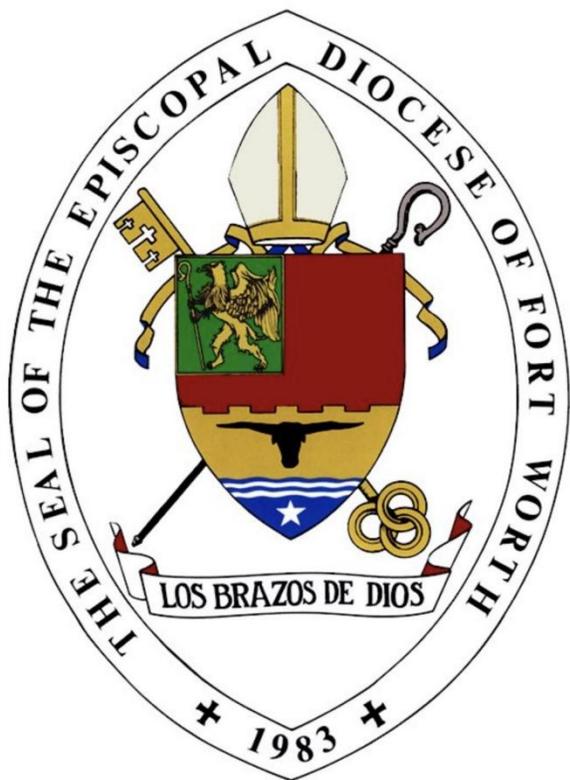


EQUIPPING THE SAINTS

A lectionary-based Sunday school curriculum for Pre-K through High School



**THIRD
SUNDAY
IN LENT**

Year A

A free resource created by the Christian Education Commission
of the Anglican Diocese of Fort Worth

Sunday School Curriculum

for the Third Sunday in Lent, Year A

Lectionary Texts:

Exodus 17:1-7

Psalm 95

Romans 1:16-32

John 4: 5-26 (27-38) 39-42

Exodus 17:1-7

¹ The whole community of Israel started out from the Desert of Sin. They traveled from place to place, just as the Lord commanded.

They camped at Rephidim. But there wasn't any water for the people to drink. ² So they argued with Moses. They said, "Give us water to drink."

Moses replied, "Why are you arguing with me? Why are you putting the Lord to the test?"

³ But the people were thirsty for water there. So they told Moses they weren't happy with him. They said, "Why did you bring us up out of Egypt? Did you want us, our children and our livestock to die of thirst?"

⁴ Then Moses cried out to the Lord. He said, "What am I going to do with these people? They are almost ready to kill me by throwing stones at me."

⁵ The Lord answered Moses. He said, "Walk on ahead of the people. Take some of the elders of Israel along with you. Take in your hand the wooden staff you used when you struck the Nile River. Go. ⁶ I will stand there in front of you by the rock at Mount Horeb. Hit the rock. Then water will come out of it for the people to drink." So Moses hit the rock in the sight of the elders of Israel.

⁷ Moses called the place Massah and Meribah. That's because the people of Israel argued with him there. They also put the Lord to the test. They asked, "Is the Lord among us or not?"

Psalm 95

¹Come, let us sing for joy to the LORD.

Let us give a loud shout to the Rock who saves us.

²Let us come to him and give him thanks.

Let us praise him with music and song.

- ³ The LORD is the great God.
He is the greatest King. He rules over all the gods.
- ⁴ He owns the deepest parts of the earth.
The mountain peaks belong to him.
- ⁵ The ocean is his, because he made it.
He formed the dry land with his hands.
- ⁶ Come, let us bow down and worship him.
Let us fall on our knees in front of the LORD our Maker.
- ⁷ He is our God. We are the sheep belonging to his flock.
We are the people he takes good care of.
If only you would listen to his voice today.
- ⁸ He says, "Don't be stubborn as you were at Meribah.
Don't be stubborn as you were that day at Massah in the desert.
- ⁹ There your people of long ago really tested me.
They did it even though they had seen what I had done for them.
- ¹⁰ For 40 years I was angry with them.
I said, 'Their hearts are always going astray.
They do not know how I want them to live.'
- ¹¹ So when I was angry, I made a promise.
I said, 'They will never enjoy the rest I planned for them.'"

Romans 1:16-32

¹⁶ I want to preach it because I'm not ashamed of the good news. It is God's power to save everyone who believes. It is meant first for the Jews. It is meant also for the Gentiles. ¹⁷ The good news shows God's power to make people right with himself. God's power to be made right with him is given to the person who has faith. It happens by faith from beginning to end. It is written, "The one who is right with God will live by faith."

¹⁸ God shows his anger from heaven. It is against all the godless and evil things people do. They are so evil that they say no to the truth. ¹⁹ The truth about God is plain to them. God has made it plain. ²⁰ Ever since the world was created it has been possible to see the qualities of God that are not seen. I'm talking about his eternal power and about the fact that he is God. Those things can be seen in what he has made. So people have no excuse for what they do.

²¹ They knew God. But they didn't honor him as God. They didn't thank him. Their thinking became worthless. Their foolish hearts became dark. ²² They claimed to be wise. But they made fools of themselves. ²³ They would rather have statues of gods than the glorious God who lives forever. Their statues of gods are made to look like people, birds, animals and reptiles.

²⁴ So God let them go. He allowed them to do what their sinful hearts wanted to. He let them commit sexual sins. They made one another's bodies impure by what they did. ²⁵ They chose a lie instead of the truth about God. They worshiped and served created things. They didn't worship the Creator. But he is praised forever. Amen.

²⁶ So God let them continue to have their shameful desires. Their women committed sexual acts that were not natural. ²⁷ In the same way, the men turned away from their natural love for women. They burned with sexual desire for each other. Men did shameful things with other men. They suffered in their bodies for all the wrong things they did.

²⁸ They didn't think it was important to know God. So God let them continue to have evil thoughts. They did things they shouldn't do. ²⁹ They are full of every kind of sin, evil and ungodliness. They want more than they need. They commit murder. They want what belongs to other people. They fight and cheat. They hate others. They say mean things about other people. ³⁰ They tell lies about them. They hate God. They are rude and proud. They brag. They think of new ways to do evil. They don't obey their parents. ³¹ They do not understand. They can't be trusted. They are not loving and kind. ³² They know that God's commands are right. They know that those who do evil things should die. But they continue to do those very things. They also approve of others who do them.

John 4:5-42

⁵ He came to a town in Samaria called Sychar. It was near the piece of land Jacob had given his son Joseph. ⁶ Jacob's well was there. Jesus was tired from the journey. So he sat down by the well. It was about noon.

⁷ A woman from Samaria came to get some water. Jesus said to her, "Will you give me a drink?" ⁸ His disciples had gone into the town to buy food.

⁹ The Samaritan woman said to him, "You are a Jew. I am a Samaritan woman. How can you ask me for a drink?" She said this because Jews don't have anything to do with Samaritans.

¹⁰ Jesus answered her, "You do not know what God's gift is. And you do not know who is asking you for a drink. If you did, you would have asked him. He would have given you living water."

¹¹ "Sir," the woman said, "you don't have anything to get water with. The well is deep. Where can you get this living water?"

¹² "Our father Jacob gave us the well. He drank from it himself. So did his sons and his flocks and herds. Are you more important than he is?"

¹³ Jesus answered, "All who drink this water will be thirsty again. ¹⁴ But anyone who drinks the water I give him will never be thirsty. In fact, the water I give him will become a spring of water in him. It will flow up into eternal life."

¹⁵ The woman said to him, "Sir, give me this water. Then I will never be thirsty. And I won't have to keep coming here to get water."

¹⁶ He told her, "Go. Get your husband and come back."

¹⁷ "I have no husband," she replied.

Jesus said to her, "You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands. And the man you have now is not your husband. What you have just said is very true."

¹⁹ "Sir," the woman said, "I can see that you are a prophet. ²⁰ Our people have worshiped on this mountain for a long time. But you Jews claim that the place where we must worship is in Jerusalem."

²¹ Jesus said, "Believe me, woman. A time is coming when you will not worship the Father on this mountain or in Jerusalem. ²² You Samaritans worship what you do not know. We worship what we do know. Salvation comes from the Jews.

²³ "But a new time is coming. In fact, it is already here. True worshipers will worship the Father in spirit and in truth. They are the kind of worshipers the Father is looking for.

²⁴ "God is spirit. His worshipers must worship him in spirit and in truth."

²⁵ The woman said, "I know that Messiah is coming." (He is called Christ.) "When he comes, he will explain everything to us."

²⁶ Then Jesus said, "I, the one speaking to you, am he."

The Disciples Join Jesus Again

²⁷ Just then Jesus' disciples returned. They were surprised to find him talking with a woman. But no one asked, "What do you want from her?" No one asked, "Why are you talking with her?"

²⁸ The woman left her water jar and went back to the town. She said to the people, ²⁹ "Come. See a man who told me everything I've ever done. Could this be the Christ?"

³⁰ The people came out of the town and made their way toward Jesus.

³¹ His disciples were saying to him, "Rabbi, eat something!"

³² But he said to them, "I have food to eat that you know nothing about."

³³ Then his disciples asked each other, "Did someone bring him food?"

³⁴ Jesus said, "My food is to do what my Father sent me to do. My food is to finish his work.

³⁵ "You say, 'Four months more, and then it will be harvest time.' But I tell you, open your eyes! Look at the fields! They are ripe for harvest right now. ³⁶ Those who gather the crop are already getting paid. They are already harvesting the crop for eternal life. So those who plant and those who gather can now be glad together.

³⁷ "Here is a true saying.'One plants and another gathers.' ³⁸ I sent you to gather what you have not worked for. Others have done the hard work. You have gathered the benefits of their work."

³⁹ Many of the Samaritans from the town of Sychar believed in Jesus. They believed because of the woman's witness. She said, "He told me everything I've ever done."

⁴⁰ Then the Samaritans came to him and tried to get him to stay with them. So he stayed two days. ⁴¹ Because of his words, many more people became believers.

⁴² They said to the woman, "We no longer believe just because of what you said. We have now heard for ourselves. We know that this man really is the Savior of the world."

Overview of Texts:

Today's readings share a theme of man's thirst and God's provision for that thirst, both physical and spiritual. Moses was sent to help rescue God's people, a feat that should have led them to trust Him, but in disbelief, they grumbled about lack of water. In grace God used Moses' obedience to provide water by striking a rock in the desert. Ultimately, God provides Jesus Christ to be Savior and Redeemer by his substitutionary death, giving life to all who believe in faith and worship Him in holiness. In the Gospel reading, we see Christ as man, thirsty and weary, ask the Samaritan woman for a drink. In this simple and ordinary encounter, Jesus reveals that He is the Messiah, the Savior of the world, through whom life is given. He is the Living Water. His knowledge of all her thoughts and actions and the power of His word leads her to conviction and salvation. She desires Living Water that satisfies the soul through the Holy Spirit, and with urgency she runs to share the Good News.

Pre K- Kindergarten Lesson Plan:

Opening Prayer: Lord's Prayer

Supplies and Preparation:

Supplies: Box large enough to hold a large pan of water, ladle, cups, paper towels, wrapping paper and gray paint (& paint brush) or gray construction paper (& scissors & glue), costumes* for the Samaritan woman and (adult) Jesus, paper, marker, tape,

pretzels or salty snack that would cause thirst, coloring page of Jesus and the woman at the well (see below).

Preparation: Make box look like a stone well**, fill a pan with water and place it in the box before class. Water will be spilled, so have paper towels ready for the mess.

* Simple tunics can be made from twin bed flat sheets or pillowcases. Cut the flat sheet in half on the short axis, fold each piece in half and cut an oval along the middle of the fold big enough for a head to fit through. For a pillowcase, simply cut an oval on the closed side of the case and either cut arm holes in the top sides or just cut the side seams all the way from the open end to the closed end. Throw them over the head of each student and you have an instant costume that can be reused for other lessons.

** Paint stone well: Cover outside of box with the backside of the wrapping paper. Paint large, rounded stones all over the wrapping paper to create the stones a well might be constructed with. Paper stone well: Cut rounded stones and glue them to the wrapping paper on the box.

Discussion:

- Where do we get our water today? *From the sink in our house or a bottle in our fridge or maybe even from the door of our fridge.*
- Where did people get their water in Bible times? *People went to a water well, sometimes walking great distances.*
- Have you ever seen a well? How does it work? *You have to lower a bucket into the water and then pull it back up to fill whatever container you have to carry it. It's a lot of work, then you have to carry it all the way home.*
- If you had to go to far away well and tote all your water, would you be thirsty when you got there? Would you wish you didn't have to keep coming back to the well over and over?

Read the story of Jesus and the Woman at the Well in the Gospel reading.

- When Jesus offered the woman water that would make her never be thirsty again, do you think the woman was amazed? She had to go to a lot of trouble to get water and she had to do it over and over again.
- The living water Jesus spoke of is a word picture. He wasn't really talking about drinking water. He was talking about making her a part of God's family. Being part of God's family would give her the love of God and eternal life.

Activity:.

Act out the story in the simple manner described below. Have the children dress up in costumes as the Samaritan woman (or man). Teacher can dress up like Jesus or assign a mature student this role. Have a student walk up to the well. Jesus asks for a drink of

water. Instruct “the woman” to give him a drink by dipping the ladle in the pan and filling his cup with it. Jesus tells the woman that God loves her. Repeat the story from the bible that you told. Let the children take turns playing the woman. They will like it because they get to play in the water!

- Offer a salty snack as you are discussing the story. Then, ask the children if they are getting thirsty.
- Invite the children to bring their cups to the well to be filled. We talk /pray to God in the same way. We ask Him to fill us with Living Water to help us live and love others as He loves us, and to have excitement to go and tell someone about Jesus like the woman did in the story.
- Have the children say this bible verse: “Anyone who drinks the water I will give him will never be thirsty again.”

If you have time, complete the coloring page of Jesus and the woman at the well.

Closing Prayer: Lord’s Prayer

Elementary Lesson Plan: _____

Opening Prayers: Lord’s Prayer, Hail Mary, and Glory Be

Supplies and Preparation:

Supplies: Blue paper, scissors, markers, copies of the Bible verse for reference (included at the end of the lesson packet).

Preparation: Depending on the skill level of your students, you may wish to precut water drop shapes (9 for each student) ahead of time. If you feel your students could quickly cut their own shapes, you can either provide them with a single drop shape to trace as a template or photocopy the drops sheet onto blue paper for each student to cut out directly. Print and cut the Bible verse sheet provided below into strips with one strip for each student. Or you may wish to print the larger single copy and post it where it can be seen by students.

Discussion:

- Ask the children where we get our water today. *Right from the tap in our houses.*
- Discuss how in Bible times people went to a water well, often walking (and carrying water) long distances.
- Read the story of Jesus and the Woman at the Well in the Gospel reading.
- Have children take turns reading aloud from copies of the attached readings or classroom Bibles.

- Say to the children, “I wonder what Jesus meant by ‘water that would cause you to never thirst?’” *He was talking about the Holy Spirit.*

Activity:

- Give each child the water drops to cut out.
- Give each child a strip of paper with the Bible verse printed on it to use as a reference. A sheet of
- Have them write one word of the following verse on each drop: He * who * believes * in * me * will * never * thirst. * John 6:35. The “John 6:35” citation can all go on one drop for a total of 9 drops needed.
- Have the children mix up the drops and try to put the verse in the correct order. Make sure you hide the reference sheet!
- Offer simple treats for children who can recite the verse correctly.
- Invite the children to tell the story they learned to their families. Tell them to challenge their family members to put the verse in the right order.
- If you have time left over, have the students draw their own illustration of Jesus and the woman at the well (or you can use the coloring sheet below).

Closing Prayer: The Collect of the Day

Junior/Senior High Lesson Plan:

Opening Prayer: Lord’s Prayer, Apostles’ Creed, and Hail Mary

Supplies and Preparation:

Supplies: Empty and clean soup or juice can per student, brown construction paper, markers, glue, and tape.

Preparation: Study the scriptures and a commentary on John 4 for further discussion of Jesus’ use of “living water.” Make a sample pencil holder.

Lesson:

Read the lessons for the day, focusing on the Gospel.

- Ask the students what the readings have in common. *Thirst and God’s provision for physical and spiritual thirst.*
- How does Jesus reveal his identity to the Samaritan woman? *She speaks of the Messiah that will come and Jesus says that “I am he.”*
- What does he say to her that gets her attention? *He tells her about the living water and she is interested to hear about it. Then, he tells her about her past, all the things she has done wrong and the state of sin within which she is currently living, which amazed her.*
- What is the result? *She realizes he is the Messiah and runs back to her people to tell them.*

- What other things does Jesus reveal about himself in the gospel reading? *He is divine, yet human.*
- What person of the Trinity gives “Living Water” to us? *Christ gives the Holy Spirit.*
- How do we receive this “living water?” In baptism and by *trusting and believing the Gospel that Jesus is redeemer, savior, and Lord of our hearts.*

Activity:

Students will make a pencil holder with one empty soup or juice can per student, cover it with the construction paper decorated to look like a stone well, with this verse on it: “He who believes in Me will never thirst.” John 6:35. Students can either make a space in the stone decoration to write the words or they can glue the verse on from the strips provided below.

Ask the students to consider whom in their lives they could tell about Jesus. Pray together, asking God to help us “go and tell” or invite others (to a youth or church event), like the woman at the well did, so that others can come to know God’s love and life through His Holy Spirit.

Closing Prayer: The Collect of the Day



He who
believes
in Me will
never thirst.

John 6:35

“He who believes in Me will never thirst.” John 6:35

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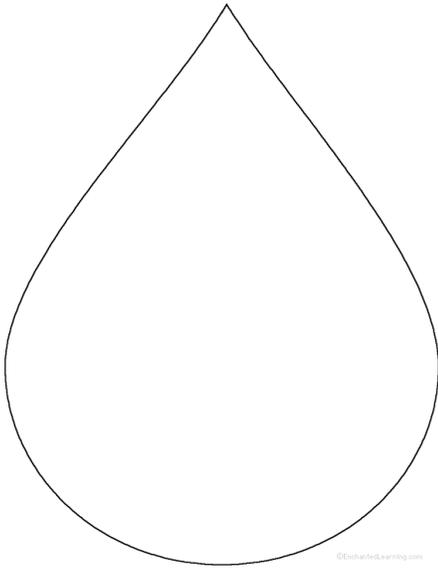
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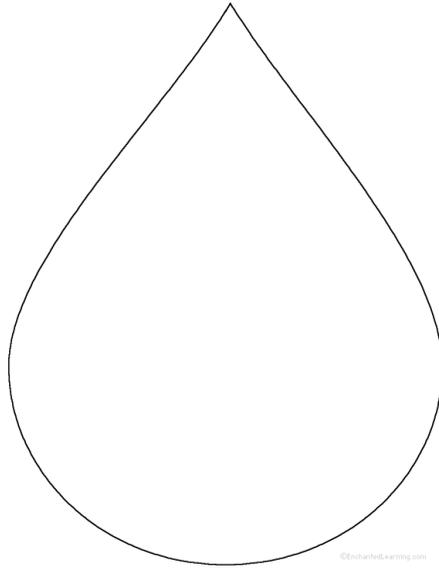
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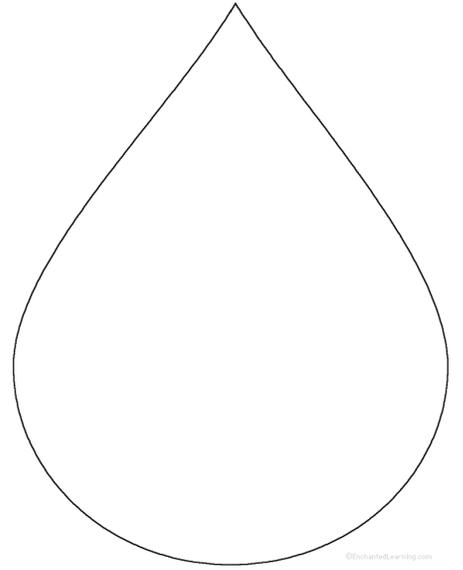
“He who believes in Me will never thirst.” John 6:35



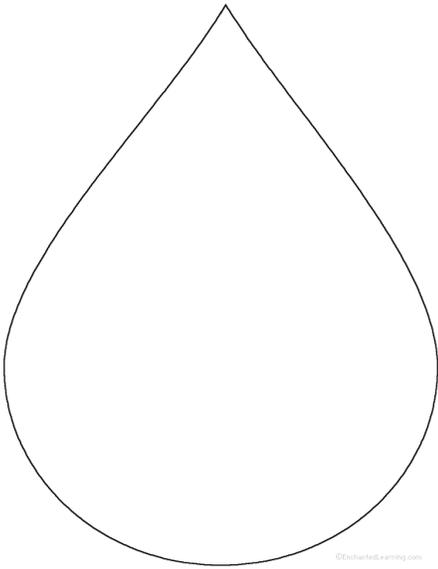
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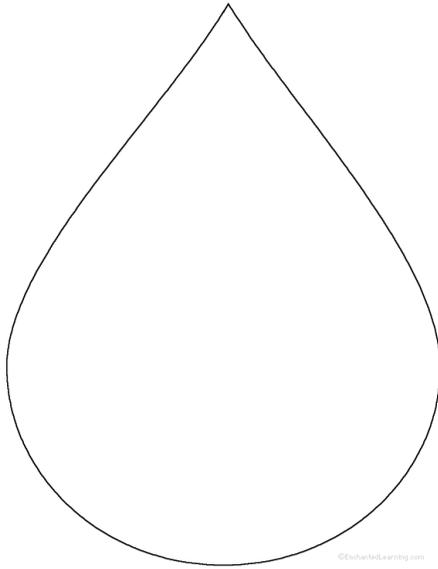
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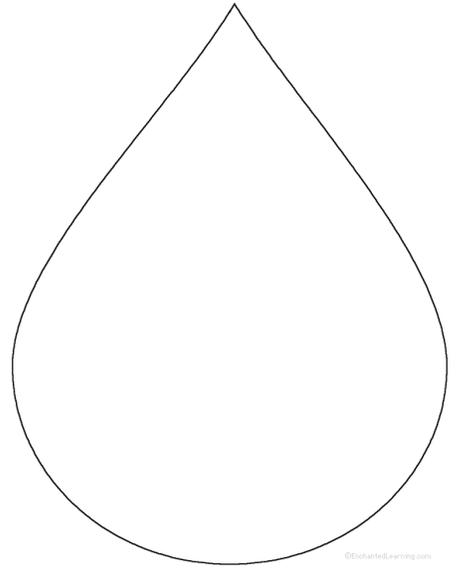
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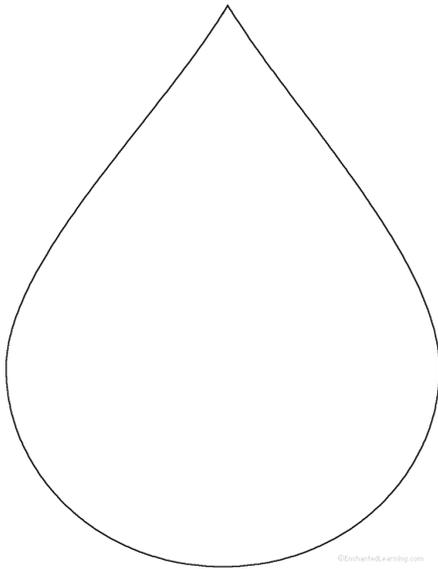
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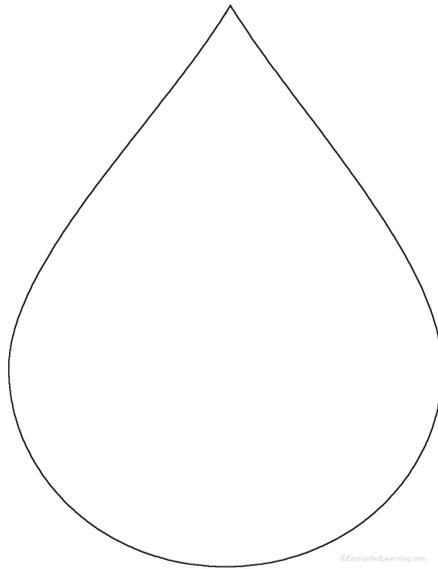
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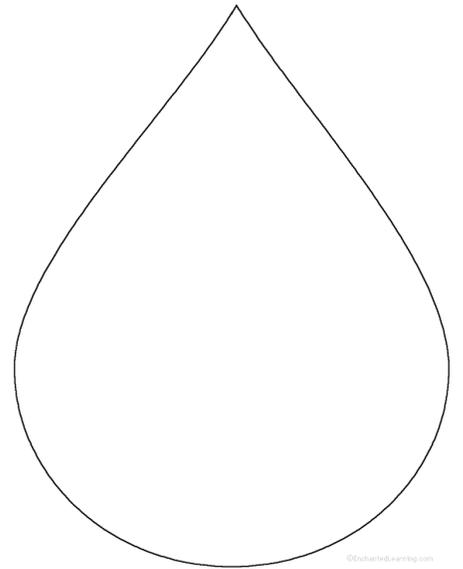
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