

FAITH @ HOME

Week of March 15, 2020

Third Sunday in Lent

ADULT AND SMALL CHILD

READ: John 4:7-15

REFLECT: Everything on Earth needs water to live. Trees, lizards, pumpkins, frogs, and people all need water to grow. There are many tasty things to drink when you are thirsty: apple juice, soda, or chocolate milk. But none of them are as good for your body as plain water. Our bodies are made up of a lot of water. It helps our food digest and our muscles work. If we are playing soccer or running on the playground, we get thirsty and need even more water. You drink water over and over again throughout your whole life. In this Bible story, Jesus talks about water that you only need to drink one time. Can you imagine a type of water that is so healthy and pure that we only need one drink in our whole life? Jesus calls that the Living Water. The love of God that lives inside us is so healthy and pure that it bubbles up through us and comes out when we show other people kindness and love.

RESPOND: One way to let your living water to bubble over is to let people that you love know you are thinking of them. A phone call, a piece of art, or a letter sent through the mail can all show someone that you love them. How do you let someone you love you are thinking of them? How do you feel when you get a special phone call or mail?

ABOUT OUR CONTRIBUTOR: HANNAH GRAHAM



For nearly 15 years, Hannah has served in a variety of Christian Formation roles. Hannah utilizes her knowledge of child and adolescent faith development in the classroom and in executing big picture planning to enhance the shaping of Christian community. She has led the Education for Ministry Program as a trained mentor and regularly contributes to Diocesan events, camps, retreats, and committee work. In addition to her ministry at St. Andrew's Episcopal Church in Glenwood, Maryland, Hannah devotes herself to growing in faith as a beloved child of God, wife and mother of three boys, ages 10 months-5 years old.

Faith @ Home is a ministry of



FAITH @ HOME

Week of March 15, 2020

Third Sunday in Lent

ADULT AND ELEMENTARY

READ: Exodus 17:1-7

REFLECT: Do you know Moses? If you have not heard about him, he is really interesting! Probably the most famous story about him tells how he split the Red Sea. Think about a pond or lake or river you have been to, and picture that water magically moving apart. There is ground to walk on. You walk from one side to the other side. The water falls behind you covering up the ground again. That is what Moses did! He did it so that the people of Israel could escape. They had been slaves, forced to work and do things they did not want to.

God asked Moses to help set the people of Israel free and to lead them to a better place than they have ever been before: the Promised Land. Their trip took a long time...40 years! You have probably been on long trips but not one that long. A lot happens to the people of Israel for 40 years. A lot of it is not good, but they kept going and they faced every not good thing, every challenge, every hot day, and every cold dark night with faith in God and hope that God was leading them all the way, all the time. And they got there.

RESPOND: Read or watch something as a family about the story of Moses and the Israelites. Many books for young people, as well as short videos on websites such as YouTube, show in amazing and beautiful ways the story of Moses, the challenges that the people of Israel faced, and the faithfulness of God. There are also feature length films that bring stories and the people in them alive such as the animated "The Prince of Egypt," which may be appropriate for some young people.

ABOUT OUR CONTRIBUTOR: PATRICK KANGRGA



Originally from Arkansas, Patrick Christopher Kangrga began in ministry by serving two years as a member of the Episcopal Service Corps in Maryland and in Massachusetts. After this he began a lay-professional journey with positions at parish and diocesan levels in New York and New Jersey. Most recently he has served as the Associate for Youth Ministries at Trinity Church in Menlo Park, California. He has primarily served youth with a short stint into ministry with children.

Faith @ Home is a ministry of



FAITH @ HOME

Week of March 15, 2020

Third Sunday in Lent

ADULT AND YOUTH

READ: John 4:5-42

REFLECT: A Samaritan woman was drawing water from a well and was approached by a man who asked for a drink. The man had been traveling and was tired and dirty. The woman was astonished because it was unheard of for a Jew to share with Samaritans. Samaritans were often thought of as strangers or foreigners but this woman was also an outcast from her own people, hence why she is at the well by herself. Why then would this Jewish traveler want to share water with her or ask for her assistance in getting water from the well? When the woman questions why Jesus on this point, he tells her the water in the well is just water and anyone who drinks it will be thirsty again, but that a time is coming when we are all called to drink the living water of God that will fill us up and leave us without thirst. Jesus is reminding us in this story that no one, regardless of life circumstances, is beyond God's love.

God's love is the living water and when we accept the invitation given to us to immerse ourselves in the love of Christ we experience acceptance, redemption, and immeasurable peace.

RESPOND: Write your answers to the following questions in a journal, then share them with your family: Are there times when you have felt different or out of place and someone welcomed you? Have you ever welcomed someone who wasn't like you? Has there ever been a time when you felt beyond God's love? How does it feel to know we are never separated from the love of God? We are called, like the Samaritan woman, to share our experience of the love of Christ with others. Where (and how) do you think you could share God's love in the world?

ABOUT OUR CONTRIBUTOR: KATE HUSTON



Kate Huston serves as the Director of Young and Young Adults and the Program Director for the IONA School of Formation in the Diocese of Oklahoma. Kate has worked in formation ministry for over 15 years and currently serves on the Forma Council. Before moving into full-time formation ministry, Kate had a faculty position in Political Science and continues to teach courses as an adjunct professor. Kate has a daughter, Brigid (6), and they love to read, watch the Great British Baking Show, and walk their 90-pound furball, Sully the Great Pyrenees.

Faith @ Home is a ministry of



FAITH @ HOME

Week of March 15, 2020

Third Sunday in Lent

ADULT AND ADULT

READ: Romans 5:1-11

REFLECT: Do you sometimes feel like you have been pushed down into the earth, left bleeding and dying? We can respond to those moments in two ways. First, we can harden our hearts, let the experience of suffering and pain makes us angry, bitter and resentful. We can blame others. We can even blame God. We can complain and provoke God, demand justice and expect that God will do our will. We can harden our hearts, but if we respond this way, we'll discover that our life is devoid of faith, hope and peace.

Or, we can face those moments with a willing heart to see God's grace in our circumstance. Suffering has a positive effect on our lives, because it helps us turn to God and seek God's help. Paul shows us how suffering leads to the hope that doesn't disappoint because it is based on God's promises. God promised that God would be near. God didn't say our life would be perfect, but promised to be with us. God is always much closer than we expect. God is faithful to defend us in our sufferings and make all things right.

RESPOND: How do we get from suffering to hope that does not disappoint? Take a piece of paper and make a list, beginning with sufferings, then write endurance, character, and hope, leaving room between each word. Then think about each word and write your thoughts. What does the word mean? What is your experience with that word? What can you do the next time something happens? How is God in the midst of all of it? Then, thank God for defending you in your sufferings and for making all things right.

ABOUT OUR CONTRIBUTOR: PEGGY HOPPE



Peggy Hoppes is a writer, artist, photographer and crafter; her creativity reflects her faith. She is married with two grown children. She began writing "A WORD FOR TODAY," a devotional, in August 1999 which can be found at www.awordfortoday.org. Peggy teaches a Bible class at her church and has led workshops. She has published several books. Peggy shares her gifts to build up the church, to help Christians grow as disciples with living faith, and to be a witness to the Gospel of Jesus Christ in the world.

Faith @ Home is a ministry of

