



build. plant. grow.  
*the word this week*



lent



lectionary  
 reading

## Cycle A

### 3rd Sunday of Lent

Lectionary # 28

#### Reading 1: Exodus 17: 3 - 7

In this passage from the Book of Exodus we encounter the grumbling of the Israelites against both God and Moses. They have lost **faith** in God, who through Moses led them out of their slavery in Egypt. Moses continues to be the faithful instrument of God and trusts that God will provide for the needs of the people. Based on this unwavering **faith** in God, Moses receives the instruction to provide water for the people from the rock by striking the rock with the same staff that God used for separating the waters for the Israelites to escape the pursuit of the Egyptians. God uses Moses' staff as an instrument of divine power to bring forth freedom and life. **Faith** in God brings about freedom and life.

#### Reading 2: Romans 5: 1 -2, 5 - 8

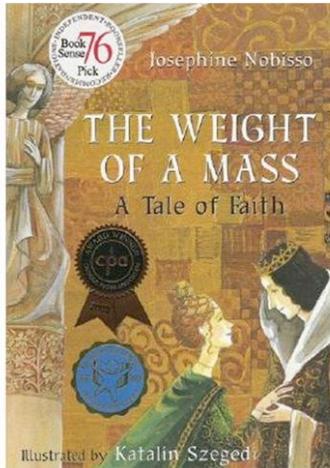
Saint Paul teaches the Church at Rome of the justification that one receives by being persons of **faith**. He explains that it was evil and sin that brought Jesus to the cross, but the power of goodness and the **faithfulness** of God that brought Jesus to life and resurrection. Sin can never destroy the relationship of humanity with God. God has so declared this, most especially through the life, death and resurrection of Jesus. The person of **faith** can endure all things, which brings hope for all.

#### Gospel: John 4: 5 - 42

This story of the Woman at the Well speaks of the evolution of **faith**. In this passage from John's gospel we see the woman coming to a deeper knowledge and faith in Jesus. With each encounter the Samaritan woman sees Jesus more clearly for who he is. Through his conversation with her the woman ultimately comes to **faith** in Jesus and becomes an apostle for the people of her town. In verse 39 we hear that *Many Samaritans from that city believed in him because of the woman's testimony.* The Samaritan Woman fulfills one of the conditions for being called an apostle, and that is to bring others to **faith** in Jesus.



## children's story



### The Weight of A Mass

Written by Josephine Szegedi-Nobisso

Illustrated by Katalin Szegedi

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ISBN-10: 0940112094

ISBN-13: none



character  
education  
activity

**Faith is the assurance of  
things hoped for, the  
conviction of things not seen.**  
Hebrews 11:1

## The Weight of a Mass

This wonderful book speaks not only to the virtue of faith but also allows the reader and listener to reacquaint themselves with the importance of the celebration of the Mass. The story tells of a poor devout and **faith**-filled widow who begs for a scrap of bread from a rich **faithless** baker. She promises to participate at the mass and make her intention for the baker in the king's wedding mass as payment for the baker's generosity. The baker writes *One Mass* on a scrap of paper and places it on a scale to determine how much bread it is worth. To his and the entire town's surprise, nothing in the shop, not even the gigantic wedding cake made for the king, outweighs the simple piece of paper representing the true worth of a mass. The illustrations are beautiful and lend to the solemnity and sacred beauty of the story.

## Activity

Step One: The Letter to the Hebrews, Chapter 11 gives a long list of Bible heroes who had accomplished great things through their faith in God. Let each child or a group of children pick a character mentioned and have them do the research so that they can write a news report about the person. Rahab is the only woman mentioned so you may wish to provide them the names of other women of faith such as Esther, Judith, and others and where to find the faith stories of these women in the Bible.

Step Two: Have the student then use the research they have done to design the newspaper page and write the story, describing the character and what they did.

Step Three: Gather all of the newspaper headlines and articles and produce a bulletin board entitled "Heroes and Heroines in Faith."

**Faith, if it is to grow and mature, is like a seed planted in the ground. For it to grow it must be nourished and tended to carefully and consistently.**



**case study**

**Look.  
Feel.  
Know.  
Act.**

## What could you do today?

Pretend that you are an investigative reporter and interview several people, such as grandparents and parents about how they learned their **faith** and who taught them about their **faith** in God. Can you see any of the common elements in how and who they learned of their **faith**? Drawing from the information that you learned what does it tell you about how you will pass on your **faith** in God?

## Look Feel Know Act

You have noticed that **faith** is something that has its beginning like that of a seed being planted in the ground and having to grow with the assistance of things like water and sun. Knowing that to be true, can you identify who planted faith within you and who and how has that faith been able to grow in you?

How will you continue to nurture that faith? What help will you need for your faith to continue to grow and evolve? How can you help others to come to their faith in God? Make a commitment to yourself to nurture your faith each day with the help that you have identified. Additionally make a commitment, with the help of God, to encourage others to pursue a deeper faith.

In *The Weight of a Mass* we are reminded of the very significant role that the celebration of the mass plays in our faith life. Like a seed planted in the ground, we are nourished by the Word of God that is proclaimed at mass. We also receive this nourishment from the Body and Blood of Jesus Christ in the elements of bread and wine consecrated on the altar and by the priest and the gathered community which is also the Body of Christ.

Pray that you will always allow Jesus to be the light that will guide you throughout your life and that others may come to see things differently through him. You may wish to use a mantra prayer... “Jesus be the light through which I may see all things.”



closing  
tool



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