

THE THIRD WEEK OF LENT | SUNDAY



seeking:

*Will you give
me a drink?*

**Jesus asks
for a drink
(John 4).
When was
the last time
you asked
for help?**



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prayer

Empathetic God, for some reason, asking for help is not very easy. I tell myself that I'll be a burden to others. I tell myself that I *should* be able to do it all, when in reality, we all need a little help from time to time. Remind me that even Jesus asked for help. He asked the Samaritan woman for a drink. Let that be a holy reminder to me that it's okay to ask for help. Amen.