

Third Sunday in Lent

March 8, 2026

Prayer of the Day

Almighty God, consider the worthy desires of your humble servants. Reach out to defend us from evil by the word and work of your majestic right hand. Grant this, we pray, through the same Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

First Reading: Exodus 17:1-7

¹All the congregation of the people of Israel moved on from the wilderness of Sin by stages, according to the commandment of the LORD, and camped at Rephidim, but there was no water for the people to drink. ²Therefore the people quarreled with Moses and said, "Give us water to drink." And Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" ³But the people thirsted there for water, and the people grumbled against Moses and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?" ⁴So Moses cried to the LORD, "What shall I do with this people? They are almost ready to stone me." ⁵And the LORD said to Moses, "Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. ⁶Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. ⁷And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the LORD by saying, "Is the LORD among us or not?"

Psalm 95:1-9 (ESV)

¹Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!
²**Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!**
³For the LORD is a great God, and a great King above all gods.
⁴**In his hand are the depths of the earth; the heights of the mountains are his also.**
⁵The sea is his, for he made it, and his hands formed the dry land.
⁶**Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!**
⁷For he is our God, and we are the people of his pasture, and the sheep of his hand.
Today, if you hear his voice,
⁸**do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness,**
⁹when your fathers put me to the test and put me to the proof, though they had seen my work.

Second Reading: Romans 5:1-8

¹Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. ²Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. ³Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. ⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷For one will scarcely die for a righteous person — though

perhaps for a good person one would dare even to die — ⁸but God shows his love for us in that while we were still sinners, Christ died for us.

Gospel: John 4:5-26 [27-30, 39-42]

⁵So {Jesus} came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. ⁶Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour. ⁷A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." ⁸(For his disciples had gone away into the city to buy food.) ⁹The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings with Samaritans.) ¹⁰Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." ¹¹The woman said to him, "Sir, you have nothing to draw water with, and the well is deep. Where do you get that living water?" ¹²Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock." ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." ¹⁵The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water." ¹⁶Jesus said to her, "Go, call your husband, and come here." ¹⁷The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; ¹⁸for you have had five husbands, and the one you now have is not your husband. What you have said is true." ¹⁹The woman said to him, "Sir, I perceive that you are a prophet. ²⁰Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship." ²¹Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²²You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth." ²⁵The woman said to him, "I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things." ²⁶Jesus said to her, "I who speak to you am he." [²⁷Just then his disciples came back. They marveled that he was talking with a woman, but no one said, "What do you seek?" or, "Why are you talking with her?" ²⁸So the woman left her water jar and went away into town and said to the people, ²⁹"Come, see a man who told me all that I ever did. Can this be the Christ?" ³⁰They went out of the town and were coming to him.

³⁹Many Samaritans from that town believed in him because of the woman's testimony, "He told me all that I ever did." ⁴⁰So when the Samaritans came to him, they asked him to stay with them, and he stayed there two days. ⁴¹And many more believed because of his word. ⁴²They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world."]

Lessons for Next Week:

Isaiah 42:14-21; Psalm 142; Ephesians 5:8-14; John 9:1-41