

A Prayerful Reflection (3rd Sunday of Lent)

Take time to sit quietly and ask Jesus to be present with you in a new way this week. As we prepare to pray, let's remember to praise God for all his goodness in and through Christ Jesus our Lord.

Hymn – CMP 173 (Glorious things of thee are spoken (Verse 2))

*See, the streams of living waters,
springing from eternal love, well supply thy sons and daughters
and all fear of want remove:
who can faint, while such a river
ever flows, their thirst to assuage?
Grace which, like the Lord, the giver,
never fails from age to age.*

A WORD FROM SCRIPTURE – Exodus 17:1-7

¹ The whole Israelite community set out from the Desert of Sin, traveling from place to place as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. ² So they quarrelled with Moses and said, "Give us water to drink." Moses replied, "Why do you quarrel with me? Why do you put the Lord to the test?" ³ But the people were thirsty for water there, and they grumbled against Moses. They said, "Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?"

⁴ Then Moses cried out to the Lord, "What am I to do with these people? They are almost ready to stone me." ⁵ The Lord answered Moses, "Go out in front of the people. Take with you some of the elders of Israel and take in your hand the staff with which you struck the Nile and go. ⁶ I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink." So, Moses did this in the sight of the elders of Israel. ⁷ And he called the place Massah^[a] and Meribah because the Israelites quarrelled and because they tested the Lord saying, "Is the Lord among us or not?"

Verse 2 *'So they quarrelled with Moses and said, "Give us water to drink. "Moses replied, "Why do you quarrel with me? Why do you put the Lord to the test?"* Israel's sin was not their desire for water, but their attitude toward God. Although God had already demonstrated that he could provide water (**Exodus 15:25**), meat (**Exodus 16:13**) and bread (**Exodus 16:15**) the people were quick to resist Moses' leadership and doubt God's care.

Verse 3-4 *'why did you bring us up out of Egypt to make us and our children and livestock die of thirst,...Moses cried out to the Lord What am I to do with these people? They are almost ready to stone me'.* Their genuine concern for water led the people to accuse Moses, complaining and grumbling of bringing them through the wilderness with no water to drink, ultimately their attacks were aimed at God.

Verse 6 *'I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink'.* Moses obeyed God and struck the rock and water came gushing out and the people had plenty to drink and to enough to water their flocks.

Prayer – Lord God, you are the fountain of living water, refresh us and fill us each day with the power of the Holy Spirit. May we always put our trust in you for you provide all we need as we follow your leading. In Jesus' name we pray. **AMEN.**

Prayer of Intercession

Let us pray.

Almighty and ever-loving God, you are more ready to hear us and forgive us than we are to come to you. Forgive us for the times we have sinned and failed you, strengthen us as we seek to serve you, that we may follow you in the ways of peace and love, through Jesus Christ our Lord.

We pray for the nations of the world which are not at peace. Lord, we pray for an end to all these wars, around our world, in Ukraine, Russia, and all around the Middle East and other places we may not even know about. Lord God may there be peace and love toward our fellow human beings, instead of suffering,... death,... destruction and hatred that wars bring.

Lord, in your love and mercy – **hear us and help us.**

We pray for the peacemakers and peacekeepers that their work in these warring countries will bring about a cessation of fighting and a dialogue in order to begin negotiations to bring peace to these troubled nations. In Jesus name we pray.

Lord, in your love and mercy – **hear us and help us.**

Lord, we look for you, we long for you, our whole being thirsts for you and your love. Lord, open our eyes, awaken us to what is around us and make us aware of your coming. We pray for all who tend and nurture the young in the faith, for all who are growing in awareness of you and your world. May the church be an instrument of love, justice and peace in our community.

Lord, in your love and mercy – **hear us and help us.**

We give thanks for our homes and loved ones. We pray for our places of work; may we be faithful and honest in our dealings. Make us sensitive to each others needs and hopes. We pray for homes with young children, that they may know the love of Jesus.

Lord, in your love and mercy – **hear us and help us.**

Finally,....take time out to pray for those on your hearts, for those close to us, for families, friends or neighbours, for those who are known to us who are going through a difficult time. For those who have lost a loved one. We ask you're blessing upon all who are ill at home or in hospital. Lord, comfort and help those in need we pray.

Pray the LORD'S Prayer

Peace

*Christ the mighty Son of God, deliver you from all evil
and fill you with his peace.
The peace of the Lord be always with you.*

A prayer of blessing

*The Almighty keep you and protect you from all evil.
The Christ of the cross deliver you from darkness.
The Holy Spirit, guide you in all goodness.*

AMEN