

FIRST READING: Exodus 17:1-7

A reading from Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. ²The people quarreled with Moses, and said, "Give us water to drink." 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 complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" ⁴So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." ⁵The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. ⁶I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. ⁷He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

PSALM: Psalm 95

The psalm will be sung responsively by whole verse. Assembly sings verses in bold print.

¹Come, let us sing ¹ to the LORD;

let us shout for joy to the rock of ¹ our salvation.

²**Let us come before God's presence ¹ with thanksgiving
and raise a loud shout to the ¹ LORD with psalms.**

³For you, LORD, ¹ are a great God,
and a great ruler a- ¹ bove all gods.

⁴**In your hand are the caverns ¹ of the earth;
the heights of the hills are ¹ also yours.**

⁵The sea is yours, ¹ for you made it,
and your hands have molded ¹ the dry land.

⁶**Come, let us worship ¹ and bow down,
let us kneel before the ¹ LORD our maker.**

⁷For the LORD is our God, and we are the people of God's pasture
and the sheep ¹ of God's hand.

Oh, that today you would ¹ hear God's voice!

⁸**"Harden ¹ not your hearts,
as at Meribah, as on that day at Massah ¹ in the desert.**

⁹There your ancestors ¹ tested me,
they put me to the test, though they had ¹ seen my works.

¹⁰**Forty years I loathed that gener- ¹ ation, saying,
'The heart of this people goes astray; they do not ¹ know my ways.'**

¹¹Indeed I swore ¹ in my anger,
'They shall never come ¹ to my rest.'

SECOND READING: Romans 5:1-11

A reading from Romans.

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ,
²through whom we have obtained access to this grace in which we stand; and we boast in our hope

of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷Indeed, rarely will anyone die for a righteous person — though perhaps for a good person someone might actually dare to die. ⁸But God proves his love for us in that while we still were sinners Christ died for us. ⁹Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. ¹¹But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

GOSPEL: John 4:5–30, 39-42

⁵So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸(His disciples had gone to the city to buy food.) ⁹The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common 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 no bucket, and the well is deep. Where do you get that living water? ¹²Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" ¹³Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." ¹⁵The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

¹⁶Jesus said to her, "Go, call your husband, and come back." 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 have now is not your husband. What you have said is true!" ¹⁹The woman said to him, "Sir, I see that you are a prophet. ²⁰Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." ²¹Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. 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 seeks such as these 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" (who is called Christ). "When he comes, he will proclaim all things to us." ²⁶Jesus said to her, "I am he, the one who is speaking to you."

²⁷Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" ²⁸Then the woman left her water jar and went back to the city. She said to the people, ²⁹Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he? ³⁰They left the city and were on their way to him.

³⁹Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." 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 truly the Savior of the world."

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	John 4:5-42	The woman at the well
Monday	Genesis 24:1-4, 10-27	Rebekah at the well
Tuesday	Genesis 29:1-14	Rachel at the well
Wednesday	John 7:37-44	Streams of living water
Thursday	Revelation 21:5-7, 22:1-5	The spring of the water of life
Friday	Revelation 22:12-17	Come, whoever is thirsty!
Saturday	Psalm 104:1-14, 24-30	God waters the earth
Sunday	John 9:1-41	The man born blind

SCRIPTURE VERSE FOR THIS WEEK:

But no one who drinks the water I give will ever be thirsty again. The water I give is like a flowing fountain that gives eternal life." *John 4:14* (CEV)

SAY, PRAY AND BLESS:

A Prayer for the Week:

Pour your love into our hearts, God, and let it overflow to others. Amen.

Mealtime Prayer:

God, our bodies and souls depend on you. Thank you feeding our bodies. Please feed our souls too for eternal life with you. Amen.

A Blessing to Give:

May Jesus pour his love into your heart. May you be filled to the brim with his living water, a spring gushing up to eternal life. Amen.



CARING CONVERSATION:

Discuss in your household or small group:

- What is your favorite drink? Why?
- Jesus says that those who drink the water he gives to them will never be thirsty again (John 4:13-14). What do you think he means?
- The woman Jesus met at the well asked him some questions. What is a question you would like to ask Jesus?

DEVOTIONS:

Jesus told the woman at the well that God wants people to worship him "in spirit and in truth" (John 4:23). As part of your home devotional time this week, talk about your household's experiences of Sunday worship. Why do you worship? What helps you to worship? How does participating in Sunday worship assist you to know and follow Jesus? Discuss ways in which you could better support the worship life of your congregation. Say a prayer of thanks for your congregation and those who plan and lead worship.

SERVICE:

Lent is a season for getting back to basics, centering our focus on the most important things and stripping back some of what is excessive or unnecessary. Consider one or more of these ways of simplifying your household's lifestyle in Lent:

- Designate one day a week as "media free day" – turn off TVs, computers, stereos etc. Go for a walk or play a game together.
- Cut back on desserts or meal trimmings. Eat soup and bread at least once a week.
- Sort through your household items and set aside what you no longer use. Donate items still in good condition to a local charity store.
- Try to cut back on your usage of water and electricity. Agree to shorten showers and to turn off unnecessary lights.

RITUALS AND TRADITIONS:

Resolve to drink only water in your home this week. Write up or type Jesus' words "Come to me and drink" (John 7:37) and attach to your water jugs or water bottles. Throughout the week, reflect on ways in which God has satisfied your needs in body and in spirit.