

# THE THIRD SUNDAY OF LENT

## 19<sup>th</sup> MARCH 2017

### First Reading

Exodus 17:1-7

#### A reading from the book of Exodus

17 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. <sup>2</sup> The 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?" <sup>3</sup> But 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?" <sup>4</sup> So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." <sup>5</sup> The 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. <sup>6</sup> I 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. <sup>7</sup> He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Hear the word of the Lord

Thanks be to God

### Psalm 95

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<sup>1</sup> O come, let us sing to the Lord:  
let us make a joyful noise to the rock of our salvation!  
<sup>2</sup> Let us come into his presence with thanksgiving:  
let us make a joyful noise to him with songs of praise!  
<sup>3</sup> For the Lord is a great God:  
and a great King above all gods.  
<sup>4</sup> In his hand are the depths of the earth:  
the heights of the mountains are his also.  
<sup>5</sup> The sea is his, for he made it:  
and the dry land, which his hands have formed.  
<sup>6</sup> O come, let us worship and bow down:  
let us kneel before the Lord, our Maker!  
<sup>7</sup> For he is our God:  
and we are the people of his pasture,  
and the sheep of his hand.  
O that today you would listen to his voice!  
<sup>8</sup> Do not harden your hearts, as at Meribah:  
as on the day at Massah in the wilderness,  
<sup>9</sup> when your ancestors tested me:  
and put me to the proof, though they had seen my work.

<sup>10</sup> For forty years I loathed that generation and said:

“They are a people whose hearts go astray, and they do not regard my ways.”

<sup>11</sup> Therefore in my anger I swore: “They shall not enter my rest.”

## **Second Reading**

## **1 Corinthians 8:1-13**

### **A reading from the first letter to the Corinthians**

**8** Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. **2** Anyone who claims to know something does not yet have the necessary knowledge; **3** but anyone who loves God is known by him.

**4** Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” **5** Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords— **6** yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

**7** It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. **8** “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. **9** But take care that this liberty of yours does not somehow become a stumbling block to the weak. **10** For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? **11** So by your knowledge those weak believers for whom Christ died are destroyed. **12** But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. **13** Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear the word of the Lord.

**Thanks be to God**

## **Gospel**

## **John 4:5-42**

The Gospel of our Lord Jesus Christ according to John  
**Glory to you Lord Jesus Christ.**

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

<sup>7</sup> A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” <sup>8</sup> (His disciples had gone to the city to buy food.) <sup>9</sup> The 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.)<sup>10</sup> Jesus 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."<sup>11</sup> The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?"<sup>12</sup> Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?"<sup>13</sup> Jesus said to her, "Everyone who drinks of this water will be thirsty again,<sup>14</sup> but 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."<sup>15</sup> The 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."

<sup>16</sup> Jesus said to her, "Go, call your husband, and come back."<sup>17</sup> The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband';<sup>18</sup> for you have had five husbands, and the one you have now is not your husband. What you have said is true!"<sup>19</sup> The woman said to him, "Sir, I see that you are a prophet."<sup>20</sup> Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem."<sup>21</sup> Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem."

<sup>22</sup> You worship what you do not know; we worship what we know, for salvation is from the Jews.<sup>23</sup> But 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.<sup>24</sup> God is spirit, and those who worship him must worship in spirit and truth."<sup>25</sup> The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us."<sup>26</sup> Jesus said to her, "I am he, the one who is speaking to you."

<sup>27</sup> Just 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?"<sup>28</sup> Then the woman left her water jar and went back to the city. She said to the people,<sup>29</sup> "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?"<sup>30</sup> They left the city and were on their way to him.

<sup>31</sup> Meanwhile the disciples were urging him, "Rabbi, eat something."<sup>32</sup> But he said to them, "I have food to eat that you do not know about."<sup>33</sup> So the disciples said to one another, "Surely no one has brought him something to eat?"<sup>34</sup> Jesus said to them, "My food is to do the will of him who sent me and to complete his work."<sup>35</sup> Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting.<sup>36</sup> The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together.<sup>37</sup> For here the saying holds true, 'One sows and another reaps.'<sup>38</sup> I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor."

<sup>39</sup> Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done."<sup>40</sup> So when the Samaritans came to him, they asked him to stay with them; and he stayed

there two days. <sup>41</sup> And many more believed because of his word. <sup>42</sup> They 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."

The Gospel of the Lord

**Praise to you Lord Jesus Christ.**

### **Sentence**

God prove his love for us in that while we still were sinners Christ died for us.  
**Romans 5.8**

or

"The water that I will give," says the Lord, "will become in you a spring of water welling up to the eternal life."

**John 4:14**

### **Prayer of the season**

Almighty and everlasting God,  
you hate nothing that you have made,  
and you forgive the sins of all who are penitent:  
create and make in us new and contrite hearts,  
that we, worthily lamenting our sins,  
and acknowledging our wretchedness,  
may obtain of you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord. **Amen.**

### **Prayer of the day**

O God, the fountain of life,  
to a humanity parched with thirst  
you offer the living water that springs from the Rock,  
our Savior Jesus Christ:  
stir up within your people the gift of your Spirit,  
that we may profess our faith with freshness  
and announce with joy the wonder of your love.  
We ask this through our Lord Jesus Christ,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God for ever and ever. **Amen**

### **Supplementary readings**

Exodus 3.9-17a    Psalm 119.(33-40) 41-48    Matthew 57-75

### **Prayer Response**

Good and gracious Lord,,  
**give us the water of life..**