

# 3rd Sunday in Lent

## 8th March 2026



The water that I will give him will become a spring of water within him welling up to eternal life.  
JOHN 4:14

A man and a woman meet at a well beyond the edge of town. They are strangers, in fact they should never be meeting at all! He is a Jew who is travelling through foreign territory; she is a Samaritan who is on home ground. Their peoples have been estranged from each other for centuries, and that ancient hostility has been kept alive by each generation. According to their own traditions they should remain strangers to each other. But will this man and this woman allow that to affect how they treat each other? Will they rise above the mutual hostility of their own traditions and face each other honestly?

Of course this is not just any man; for that matter, the Samaritan is not just any woman. In writing the story, John is anxious to tell his readers who Jesus is: that he is the Messiah and the saviour of all peoples. But first he shows us Jesus as the weary and thirsty traveller who wants to make inroads into people's lives. No matter who they are. It is Jesus who makes the first move, expressing his need for a drink from her. Thirst knows no boundaries.

Are we willing to listen to a weary traveller as he comes into our lives? Are we as open as the Samaritan woman?

*Lord, open our eyes that we may see you in our brothers and sisters.*

*Lord, open our ears that we may hear the cries of the hungry, the cold, the frightened, the oppressed.*

*Lord, open our hearts that we may love each other as you love us.*

*Renew in us your spirit.*

*Lord, free us and make us one.*

*Amen*

In addition, this week let us pray for:

- ◆ all those connected to our community who are unwell, upset or mourning;
- ◆ all the Lenten intentions and promises throughout our community;
- ◆ all those around the world who need to share in the light of Christ to live in peace and harmony;
- ◆ all those affected by war.



*A spring of water welling up to eternal life.*

*John 4:5-42*