

THIRD SUNDAY IN LENT, 12th MARCH 2023

First Reading: Exodus 17:1-7 The Israelites put God to the test (NIVUK)

¹ The whole Israelite community set out from the Desert of Sin, travelling 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^[b] because the Israelites quarrelled and because they tested the LORD saying, 'Is the LORD among us or not?'

Psalm 95

¹ Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. ² Let us come before him with thanksgiving and extol him with music and song. ³ For the LORD is the great God, the great King above all gods. ⁴ In his hand are the depths of the earth, and the mountain peaks belong to him. ⁵ The sea is his, for he made it, and his hands formed the dry land. ⁶ Come, let us bow down in worship, let us kneel before the LORD our Maker; ⁷ for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice, ⁸ 'Do not harden your hearts as you did at Meribah,^[a] as you did that day at Massah^[b] in the wilderness, ⁹ where your ancestors tested me; they tried me, though they had seen what I did. ¹⁰ For forty years I was angry with that generation; I said, "They are a people whose hearts go astray, and they have not known my ways." ¹¹ So I declared on oath in my anger, "They shall never enter my rest."'

SECOND READING: Romans 5:1-11 While we were still sinners, Christ died for us (NIVUK)

¹ Therefore, since we have been justified through faith, we^[a] have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we^[b] boast in the hope of the glory of God. ³ Not only so, but we^[c] also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. ⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷ Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸ But God demonstrates his own love for us in this: while we were still sinners, Christ died for us. ⁹ Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! ¹⁰ For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! ¹¹ Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

GOSPEL: John 4:5-42 Jesus and the Samaritan woman (NIVUK)

⁵ So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. ⁷ When a Samaritan woman came to draw water, Jesus said to her, 'Will you give me a drink?' ⁸ (His disciples had gone into the town to buy food.) ⁹ The Samaritan woman said to him, 'You are a Jew and I am a Samaritan woman. How can you ask me for a drink?' (For Jews do not associate with Samaritans.^[a]) ¹⁰ Jesus answered her, 'If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.' ¹¹ 'Sir,' the woman said, 'you have nothing to draw with and the well is deep. Where can you get this living water?' ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?' ¹³ Jesus answered, 'Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.' ¹⁵ The woman said to him, 'Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water.' ¹⁶ He told her, 'Go, call your husband and come back.' ¹⁷ 'I have no husband,' she replied. Jesus said to her, 'You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.' ¹⁹ 'Sir,' the woman said, 'I can see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.' ²¹ 'Woman,' Jesus replied, 'believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks. ²⁴ God is spirit, and his worshippers must worship in the Spirit and in truth.' ²⁵ The woman said, 'I know that Messiah' (called Christ) 'is coming. When he comes, he will explain everything to us.' ²⁶ Then Jesus declared, 'I, the one speaking to you – I am he.' ²⁷ Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, 'What do you want?' or 'Why are you talking with her?' ²⁸ Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹ 'Come, see a man who told me everything I've ever done. Could this be the Messiah?' ³⁰ They came out of the town and made their way towards him. ³¹ Meanwhile his disciples urged him, 'Rabbi, eat something.' ³² But he said to them, 'I have food to eat that you know nothing about.' ³³ Then his disciples said to each other, 'Could someone have brought him food?' ³⁴ 'My food,' said Jesus, 'is to do the will of him who sent me and to finish his work. ³⁵ Don't you have a saying, "It's still four months until harvest"? I tell you, open your eyes and look at the fields! They are ripe for harvest. ³⁶ Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. ³⁷ Thus the saying "One sows and another reaps" is true. ³⁸ I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labour.' ³⁹ Many of the Samaritans from that town believed in him because of the woman's testimony, 'He told me everything I've ever done.' ⁴⁰ So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. ⁴¹ And because of his words many more became believers. ⁴² They said to the woman, 'We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Saviour of the world.'