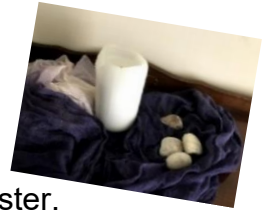




‘Worship at home’ March 8th 2026



This is the third week of Lent,
as we reflect on our faith and prepare for Easter.
You might like to keep a **prayer space** with a **candle** and **cross**
set up for the duration of Lent, for your own prayer and
reflection. **Light the candle** to remind you
of the presence of Christ, with you always.

Opening

Come, all who are thirsty, come to the water!

**We come and find refreshment
in the living water that Christ offers.**

Drink deeply of this well of grace which never runs dry:

In Him we shall find life and love and healing.

Come, all who are thirsty, come to the water!

We know Christ’s presence with us, always.



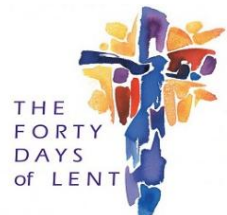
In this season of Lent, we make time to
pray and reflect; to explore who we are
and who God is; to deepen our
relationship with God. We are reminded
of the invitation to come with empty hands
and open hearts, ready to hear and

respond. We find refreshment and renewal in the living water, as
the Spirit of God transforms us in love.

Where in your life do you feel dry and barren?

What helps you feel refreshed and renewed?

**This Lenten season, how might you
more intentionally make time to come
thirsty and empty before God,
to experience the Holy Spirit
filling and renewing you?**



John 4:5 - 26

In Samaria he came to a town named Sychar, which was not far from the field that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by the trip, sat down by the well. It was about noon. A Samaritan woman came to draw some water, and Jesus said to her, "Give me a drink of water. His disciples had gone into town to buy food. The woman answered, "You are a Jew, and I am a Samaritan - so how can you ask me for a drink?" (Jews will not use the same cups and bowls that Samaritans use.) Jesus answered, "If you only knew what God gives and who it is that is asking you for a drink, you would ask him, and he would give you life-giving water." "Sir," the woman said, "you don't have a bucket, and the well is deep. Where would you get that life-giving water? It was our ancestor Jacob who gave us this well; he and his children and his flocks all drank from it. You don't claim to be greater than Jacob, do you?" Jesus answered, "Those who drink this water will get thirsty again, but those

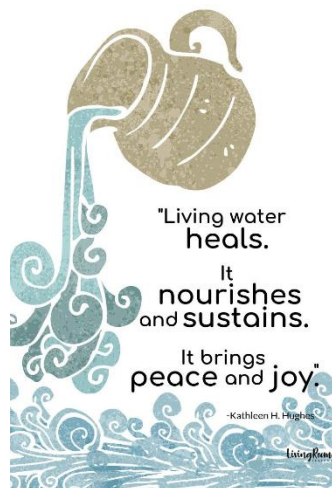
who drink the water that I will give them will never be thirsty again. The water that I will give them will become in them a spring which will provide them with life-giving water and give them eternal life." "Sir," the woman said, "give me that water! Then I will never be thirsty again, nor will I have to come here to draw water." "Go and call your husband," Jesus told her, "and come back." "I don't have a husband," she answered. Jesus replied, "You are right when you say you don't have a husband. You have been married to five men, and the man you live with now is not really your husband. You have told me the truth." "I see you are a prophet, sir," the woman said. "My Samaritan ancestors worshiped God on this mountain, but you Jews say that Jerusalem is the place where we should worship God." Jesus said to her, "Believe me, woman, the time will come when people will not worship the Father either on this mountain or in Jerusalem. You Samaritans do not really know whom 2

you worship; but we Jews know whom we worship, because it is from the Jews that salvation comes. But the time is coming and is already here, when by the power of God's Spirit people will worship the Father as he really is, offering him the true worship that he wants. God is

Spirit, and only by the power of his Spirit can people worship him as he really is." The woman said to him, "I know that the Messiah will come, and when he comes, he will tell us everything." Jesus answered, "I am he, I who am talking with you."

Good News Bible

The Samaritan woman comes to the well to draw water in the middle of the day, and experiences a life-giving, transformative encounter with Jesus. Although a foreigner and forbidden by religious and social convention to even talk with Jesus, she experiences compassion, understanding and acceptance. Jesus offers her living water, inviting her into relationship, and she is given hope, along with the opportunity for a new start, a new way of being.



When we seek God with empty hands and open hearts, we too are offered the living water that brings love, grace, healing and wholeness.

*Come to the well of living water
Come and drink freely
Come and find life in abundance
Come and find refreshment and renewal*

Prayer

In the dry wildernesses of our lives,
in the days of heat and thirst,
you offer us living water,

Thank you, gracious and generous God.



When we begin to doubt your presence,
and grumble that your love is unreliable,
you offer us living water,

Thank you, gracious and generous God.

When life's regrets and the bad choices we have made
leave us feeling excluded and unworthy,
you offer us living water,

Thank you, gracious and generous God.

When circumstances, or the inhumanity of others,
have left us alone and wounded,
you offer us living water,

Thank you, gracious and generous God.

We thank you and praise you, O God,
that how ever we may thirst,
what ever we may need to satisfy our souls,
you offer it freely and abundantly in Christ;

**So we drink deep of the living water
and, as we draw from your wells,
we seek to pass the cup to others
who, like us, are thirsty for your grace.**

Amen

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Closing

We have encountered the living God
through the love of the living Christ.
We have been refreshed by living water.
Go now to live in the hope this encounter inspires.
Be water bearers to a dry and parched world,
knowing that the God of love and hope
goes before you and with you always. Amen.