

THIRD SUNDAY IN LENT, Year A

Season of Lent

First Reading † Exodus 17:3-7

Give us water to drink.

A reading from the book of Exodus

In their thirst for water there, the people complained to Moses, saying,

‘Why did you bring us up out of Egypt,
only to make us, our children and our livestock, die of thirst?’

Moses cried out to the Lord, saying,

‘What am I to do with this people? They are almost ready to stone me!’

Then the Lord said to Moses,

‘Go on ahead of the people, taking some of the elders of Israel with you; in your hand take the staff with which you struck the river, and go. I shall be waiting for you there on the rock (at Horeb). Strike the rock, and water will come out for the people to drink.’

Moses did so, with the elders of Israel watching. He gave the place the names Massah and Meribah because the Israelites had quarrelled and put the Lord to the test by saying,

‘Is the Lord among us, or not?’

The word of the Lord.

Responsorial † Psalm 94:1-2,6-9

If today you hear his voice, harden not your hearts.

Come, let us ring out our joy to the Lord;
hail the rock who saves us.
Let us come into his presence, giving thanks;
let us hail him with a song of praise.

If today you hear his voice, harden not your hearts.

O come; let us bow and bend low.
Let us kneel before the God who made us,
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

If today you hear his voice, harden not your hearts.

O that today you would listen to his voice!
‘Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your ancestors put me to the test;
when they tried me, though they saw my work.’

If today you hear his voice, harden not your hearts.

Second Reading † Romans 5:1-2,5-8

The love of God has been poured into our hearts by the Holy Spirit which has been given us.

A reading from the letter of St Paul to the Romans

So, now that we have been justified by faith, we have peace with God through our Lord Jesus Christ; it is through him, by faith, that we have received access to the favour of God in which we are living, and we exult in the hope of the glory of God.

And hope does not disappoint, since the love of God has been poured into our hearts by the Holy Spirit given to us. When we were still helpless, at the due time, Christ died for the godless. Scarcely will anyone die for a righteous person, though for a good person perhaps someone might undertake to die. So God proves his love for us, that while we were still sinners Christ died for us.

The word of the Lord.

Gospel Acclamation † cf John 4:42,15

Glory to you, Word of God, Lord Jesus Christ!
Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.
Glory to you, Word of God, Lord Jesus Christ!

Gospel [longer form] † John 4:5-42

The water that I shall give will turn into a spring of eternal life.

A reading from the holy Gospel according to John

So Jesus came to the Samaritan town called Sychar, near the land that Jacob had given to his son Joseph. Jacob's well was there and Jesus, tired by the journey, was sitting by the well. It was about noon, when a Samaritan woman came to draw water. Jesus said to her,

'Give me a drink.'

His disciples had gone into the town to buy food. The Samaritan said to him,

'How is it that you, a Jew, ask me, a Samaritan woman, for a drink?'

– for Jews do not associate with Samaritans. Jesus replied to her:

'If you knew what God is offering
and who it is saying to you, "Give me a drink",
you would have asked him,
and he would have given you living water.'

She answered,

'Sir, you have no bucket, and the well is deep.
Where do you get this living water?
Are you a greater man than our father Jacob,
who gave us this well and drank from it, himself and his sons and his cattle?'

Jesus replied:

'Whoever drinks of this water
will be thirsty again;
but anyone who drinks of the water that I shall give
will never be thirsty again:
the water that I shall give
will become an inner spring of water, welling up to eternal life.'

The woman said to him,

‘Sir, give me this water, so that I may never be thirsty or go on coming here to draw water.’

Jesus said to her,

‘Go and call your husband and come back here.’

The woman answered him saying,

‘I have no husband.’

Jesus said to her,

‘You are right to say, “I have no husband”;
for you have had five men, and the one you now have is not your husband.
You spoke the truth there.’

The woman said to him,

‘Sir, I see you are a prophet. Our fathers worshipped on this mountain,
though you say that the place where people should worship is in Jerusalem.’

Jesus said:

‘Believe me, woman, the hour is coming
when you will worship the Father
neither on this mountain nor in Jerusalem.

‘You worship what you do not know;
we worship what we do know;
for salvation is from the Jews.

‘But the hour is coming – and is now here –
when true worshippers will worship the Father in spirit and truth,
for such are the worshippers
whom the Father seeks.

‘God is spirit,
and those who worship him
must worship in spirit and truth.’

The woman said to him,

‘I know that Messiah, the one called Christ, is coming;
and when he comes he will declare everything.’

Jesus said,

‘I am he, the one who is speaking to you.’

At this point his disciples returned and were surprised to find him speaking to a woman, but none of them asked, ‘What do you want?’ or, ‘Why are you talking to her?’

The woman left her water jar and went off to the town and said to the people,

‘Come and see a man who has told me everything I have ever done.
Could this be the Messiah?’

They came out of the town and they made their way towards him.

Meanwhile, the disciples were urging him,

‘Rabbi, have something to eat’;

but he said,

‘I have food to eat that you do not know about.’

So the disciples said to one another,

‘Has someone brought him food?’

But Jesus said,

‘My food is to do the will of the one who sent me,
and to complete his work.

Do you not say,

“Four months and then the harvest”?

Well, I tell you,

look around you, look at the fields;

they are white for the harvest!

‘Already the reaper is being paid his wages,
already he is bringing in the grain for eternal life,
so that sower and reaper may rejoice together.

For here the proverb holds true:

one sows, another reaps;

I sent you to reap

a harvest for which you did not labour.

‘Others have laboured;

and you have come into the rewards of their labour.’

Many Samaritans of that town believed in him on the strength of the words of the woman’s witness,

‘He told me everything I have done.’

So, when the Samaritans came to him, they asked him to stay with them. He stayed there for two days, and many more came to believe on the strength of the words he spoke to them; and they said to the woman,

‘We believe no longer because of what you told us;

we have heard for ourselves and we know that this is truly the Saviour of the world.’

The Gospel of the Lord.

Monday of the third week of Lent

Gospel [shorter form] † John 4:5-16,19-26,39-42

The water that I shall give will turn into a spring of eternal life.

A reading from the holy Gospel according to John

So Jesus came to the Samaritan town called Sychar, a near the land that Jacob had given to his son Joseph. Jacob’s well was there and Jesus, tired by the journey, was sitting by the well. It was about noon, when a Samaritan woman came to draw water. Jesus said to her,

‘Give me a drink.’

His disciples had gone into the town to buy food. The Samaritan said to him,

‘How is it that you, a Jew, ask me, a Samaritan woman, for a drink?’

– for Jews do not associate with Samaritans. Jesus replied to her:

‘If you knew what God is offering
and who it is saying to you, “Give me a drink”,
you would have asked him,
and he would have given you living water.’

She answered,

‘Sir, you have no bucket, and the well is deep.
Where do you get this living water?’

Are you a greater man than our father Jacob,
who gave us this well and drank from it, himself and his sons and his cattle?’

Jesus replied:

‘Whoever drinks of this water
will be thirsty again;
but anyone who drinks of the water that I shall give
will never be thirsty again:
the water that I shall give
will become an inner spring of water, welling up to eternal life.’

The woman said to him,

‘Sir, give me this water, so that I may never be thirsty or go on coming here to draw water.’

Jesus said to her,

‘Go and call your husband and come back here.’

The woman said to him,

‘Sir, I see you are a prophet. Our fathers worshipped on this mountain,
though you say that the place where people should worship is in Jerusalem.’

Jesus said:

‘Believe me, woman, the hour is coming
when you will worship the Father
neither on this mountain nor in Jerusalem.

‘You worship what you do not know;
we worship what we do know;
for salvation is from the Jews.

‘But the hour is coming – and is now here –
when true worshippers will worship the Father in spirit and truth,
for such are the worshippers
whom the Father seeks.

‘God is spirit,
and those who worship him
must worship in spirit and truth.’

The woman said to him,

‘I know that Messiah, the one called Christ, is coming;
and when he comes he will declare everything.’

Jesus said,

‘I am he, the one who is speaking to you.’

Many Samaritans of that town believed in him on the strength of the words of the woman’s witness,

‘He told me everything I have done.’

So, when the Samaritans came to him, they asked him to stay with them. He stayed there for two days, and many more came to believe on the strength of the words he spoke to them; and they said to the woman,

‘We believe no longer because of what you told us;
we have heard for ourselves and we know that this is truly the Saviour of the world.’

The Gospel of the Lord.

Monday of the third week of Lent