

Sunday, March 8, 2026

Third Sunday of Lent

Prayer for the Morning

*The fountain of eternal life leaps up within the faithful:  
at prayer, let us drink of the living water.*

Glory to the Father,...Amen.

Hymn

Meter: 87 87 D

Come, thou fount of ev'ry blessing,  
Tune my heart to sing thy grace!  
Streams of mercy never ceasing  
Call for songs of loudest praise.  
Teach me some melodious sonnet  
Sung by flaming tongues above.  
Praise the mount! Oh, fix me on it,  
Mount of God's unchanging love.  
Here I find my greatest treasure;  
Hither, by thy help I've come;  
And I hope, by thy good pleasure,  
Safely to arrive at home.  
Jesus sought me when a stranger  
Wand'ring from the fold of God;  
He, to rescue me from danger,  
Interposed his precious blood.

Psalm

1

*My root is spread out to the waters;/ the dew rests by night  
on my branches. (Jb 29:19)*

*Jewish and Christian traditions of spirituality speak of the  
Word of God as the living water whereby the spirit is  
cleansed and refreshed. A quick sip – an occasional prayer  
snatched from the jaws of a relentlessly busy world – is better  
than no water at all, but roots that grow deep draw the water  
of life by frequent prayer. This living water produces a  
healthy tree that gives fruit to all who come.*

Happy indeed is the man  
who follows not the counsel of the wicked;  
nor sits in the way of sinners  
nor sits in the company of scorners,  
but whose delight is the law of the Lord  
and who ponders his law day and night.  
He is like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that he does shall prosper.  
Not so are the wicked, not so!  
For they like winnowed chaff  
shall be driven away by the wind.  
When the wicked are judged they shall not stand,  
nor find room among those who are just;  
for the Lord guards the way of the just  
but the way of the wicked leads to doom.

Glory to the Father.

Word of God

Revelation 22:1-2

Then the angel showed me the river of life-giving  
water, sparkling like crystal, flowing from the throne of  
God and of the Lamb down the middle of its street. On  
either side of the river grew the tree of life that  
produces fruit twelve times a year, once each month;  
the leaves of the trees serve as medicine for the nations.

The one whose hope is in the Lord/ is like a tree  
planted beside the waters/ that stretches out its roots to  
the stream. (cf. Jer 17:7-8)

Canticle of Zechariah

*We shall be like him, for we shall see him as he is.*

(1 Jn 3:2)

Blessed be the Lord, the God of Israel; he has come to  
his people and set them free. He has raised up for us a  
mighty savior, born of the house of his servant David.  
Through his holy prophets he promised of old that he  
would save us from our enemies, from the hands of all  
who hate us. He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham: to  
set us free from the hands of our enemies, free to  
worship him without fear, holy and righteous in his  
sight all the days of our life.

You, my child, shall be called the prophet of the Most  
High; for you will go before the Lord to prepare his  
way, to give his people knowledge of salvation by the  
forgiveness of their sins.

In the tender compassion of our God the dawn from on  
high shall break upon us, to shine on those who dwell  
in darkness and the shadow of death, and to guide our  
feet into the way of peace. Glory to the Father...

Intercessions

On this Third Sunday of Lent, we pray with the whole  
Church for those who are preparing to be initiated into  
Catholic life at Easter:

R/Grant life, O Lord.

For the elect, and for the communities preparing to  
receive them, that all may scrutinize their lives and own  
their sins, we pray. R/

For the elect, and for the communities preparing to  
receive them, that all may be freed from whatever  
deters them from following Christ, we pray. R/

For the elect, and for the communities preparing to  
receive them, that all may come to worship God in  
spirit and in truth, we pray. R/

Personal intentions

Our Father....

*O God, through the Samaritan woman, inspire us also to  
leave behind the heart's old water jars, grown too small to  
hold the living water, and drink deeply at the well of  
salvation, that we may run with eagerness to proclaim the  
Gospel to all we meet, through Christ our Lord. Amen.*

Reading 1

Exodus 17:3-7

In those days, in their thirst for water, the people grumbled against Moses, saying, "Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?" So Moses cried out to the Lord, "What shall I do with this people? A little more and they will stone me!" The Lord answered Moses, "Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink." This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the Lord, saying, "Is the Lord in our midst or not?"

Reading 2

Romans 5:1-2, 5-8

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still -sinners Christ died for us.

Gospel

John 4:5-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" — For Jews use nothing in common with Samaritans. — Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst;

the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this -water, so that I may not be thirsty or have to keep coming here to draw water." [Jesus said to her, "Go call your husband and come back." The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' For you have had five husbands, and the one you have now is not your husband. What you have said is true." The woman said to him, "Sir,] I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one (who is) speaking with you."

[At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, "What are you looking for?" or "Why are you talking with her?" The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Christ?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work."]

Many of the Samaritans of that town began to believe in him [because of the word of the woman who testified, "He told me everything I have done."] When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

---

*Prayer for the Morning text used with permission of Magnificat.*