

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY

Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"



Swanson, John August. Moses, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. [retrieved March 4, 2026]. Original source: Estate of John August Swanson, <https://www.johnaugustswanson.com/>.

COLLECT

Almighty God, whose
Son Jesus Christ
gives the water of
eternal life, may we
always thirst for you,
the spring of life and
source of goodness;
through him who
lives and reigns with
you and the Holy
Spirit, one God, now
and for ever.
Amen.



Hemryk Siemiradki (1843-1902) *Christ and the Samaritan Woman*, Lviv Art Gallery, Ukraine.

“All doors are open to the believer. It is the lesson of the Samaritan woman at the well.” — Patti Smith

“Aliveness, he will teach, is a gift available to all by God's grace. It flows not from taking, but giving, not from fear but from faith, not from conflict but from reconciliation, not from domination but from service. It isn't found in the upper trappings of religion -rules and rituals, controversies and scruples, temples and traditions. No, it springs up from our innermost being like a fountain of living water. It intoxicates us like the best wine ever and so turns life from disappointment into a banquet.” — Brian D. McLaren

The section from the Old Testament for the Third Sunday in Lent is a ‘murmuring story’. These occur in Exodus and Numbers in connection with the wilderness wanderings of the people of Israel between their leaving Egypt and their entering the land of Canaan. Like other parts of the long (and complex) narrative that tells of the nation of Israel's sojourn in the wilderness the central question of this passage is about God's presence.

How can we know that God is with us, literally in our midst? What are the signs or evidence you use to discern the presence of God?

Hope by Dora Greenwell

When I do think on thee, sweet Hope, and how
Thou followest on our steps, a coaxing child.
Oft chidden hence, yet quickly reconciled,
Still turning on us a glad, beaming brow,
And red, ripe lips for kisses : even now
Thou mindest me of Him, the Ruler mild.
Who led God's chosen people through the wild,
And bore with wayward murmurers, meek as thou
That bringest waters from the Rock, with bread
Of angels strewing Earth for us ! like Him
Thy force abates not, nor thine eye grows dim ;
But still with milk and honey-droppings fed,
Thou ledest to the Promised Country fair,
Though thou, like Moses, mayst not enter there!

To Listen:

As the Deer Runs to the River by Herman G.

Stuempfle (Julion)

Glorious Things of Thee are Spoken by John Newton

A playlist of music suggestions for the course can be found at
<https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>