

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



John 4:5-42

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that 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 have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never 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 him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no 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 see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, 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 know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth."

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.

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The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Surely no one has brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to complete his work. Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have laboured, and you have entered into their labour."

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world."

COLLECT
(SCOTTISH PRAYER
BOOK)

WE beseech thee,
Almighty God, look
upon the hearty
desires of thy
humble servants,
and stretch forth
the right hand of
thy Majesty, to be
our defence against
all our enemies;
through Jesus
Christ our Lord
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 Gospel reading for the Third Sunday of Lent is the story of Jesus and the Samaritan Woman at the Well. This passage is 37 verses long so we will spend several days with this passage this week.

What questions do you have as you read this passage? What do you want to know about the Samaritan woman? What had Jesus been doing beforehand and afterwards?

What does your soul seek this Lent? What does Jesus being the 'living water' mean to you today?

You're invited to read the poem 'Our Saviour and the Samaritan Woman at the Well' by Rosanna Eleanor Leprohon as you reflect on the passage.

A Prayer

Lord Jesus,
You are the living water.
Quench the thirst of my soul.
Help me to seek You above all else.
When I feel empty, fill me with Your grace.
Purify my desires and draw me closer to You.
Let my heart find lasting peace
in Your loving presence.
Amen.

To Listen:

I heard the Voice of Jesus Say by Horatius Bonar

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



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

Our Saviour and the Samaritan Woman at the Well by
Rosanna Eleanor Leprohon

Close beside the crystal waters of Jacob's far-famed well,
Whose dewy coolness gratefully upon the parched air fell,
Reflecting back the bright hot heavens within its waveless breast,
Jesus, foot-sore and weary, had sat Him down to rest.

Alone was He—His followers had gone to Sichar near,
Whose roofs and spires rose sharply against the heavens clear,
For food which Nature craveth, whate'er each hope or care,
And which, though Lord of Nature, He disdained not to share.

While thus He calmly waited, came a woman to the well,
With water vase poised gracefully, and step that lightly fell,
One of Samaria's daughters, most fair, alas! but frail,
Her dark locks bound with flowers instead of modest, shelt'ring veil.

No thought of scornful anger within His bosom burned,
Nor, with abhorrent gesture, His face from her He turned;
But as His gaze of purity dwelt on her, searching, meek,
Her bright eyes fell, and blushes hot burned on her brow and cheek.

He told her with a gentleness, by God-like pity nursed,
Of wond'rous living fountains at which to slake her thirst;
That those whose lips, thrice blessed, should a draught from them obtain,
Despite earth's toils and troubles, would ne'er know thirst again.

He spoke, too, of the frailties which her womanhood had marred,
That priceless crown which, she, alas! had sadly failed to guard,
No word of bold denial did that woman dare to plan—
She felt that He who spoke with her was more than mortal man.

And when the twelve disciples returned, their errand done,
They wondered at His converse with that lost and erring one,
But still they asked no question, while she, with thoughtful mien,
Returned to tell her friends at home of all that she had seen.

Not only for that daughter of Samaria's hot clime—
Child of an ancient people, of a by-gone faith and time—
Was meant the exhortation that from His lips then fell,
But for His Christian children, for us, to-day, as well.

For us, still pure and sparkling, those living waters flow
Of which He told Samaria's child long centuries ago:
Forgetting thoughts of earthly pride, and hopes of worldly gain,
Seek we but once of them to drink—we'll never thirst again.

"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 lie the best wine ever and so turns life from disappointment into a banquet." — Brian D. McLaren