

March 8th, 2026 Lectionary Notes

The Readings on This Day

****Click on the links for the Bible Verse(s)*

Third Sunday in Lent

During Lent, the church prepares its catechumens for baptism, and it renews its members in the meaning of baptism. In the early third-century house church excavated in Dura Europas, Syria, a wall painting of the woman at the well was set near to a tub-sized font in a room dedicated to baptizing. So on this Sunday we join with centuries of Christians to enjoy the narrative of the thirsty woman and so join with her to worship Christ, our living water.

[Exodus 17:1-7](#)

The narrative of Moses striking the rock is set as a parallel to the story of the Samaritan woman at the well. In both, God provides miraculous water. Like the Israelites, we too are journeying towards the water of life, quarreling along the way, yet requiring what only God can give. God is our water.

[The Psalm for the Day](#)

Called an enthronement psalm, probably sung at an Israelite festival praising the king and God as the sovereign, [Psalm 95](#) gives us words to join with the thirsty nomads who are drinking water from the rock. The psalm praises God as the rock, the great ruler, the creator, the shepherd. Having heeded the first reading, we respond with the promise that we will not harden our hearts, as they did at Meribah.

[Romans 5:1-11](#)

The lectionary continues its Lenten readings from Romans. The passage for this Sunday, with its strong language about sinners, is appropriate on the day that we consider the quarreling Israelites, the five-times-married Samaritan woman, and ourselves.

[John 4:5-42](#)

Since at least the fourth century, the narrative of Jesus and the Samaritan woman has been used to explicate Christian baptism. Christ himself both provides and is the living water. In Lent we join with the Samaritan woman, seeking the living water of Christ and telling our neighbors of the one who quenched our thirst.

