Third Sunday in Lent

Prayer of the Day

Almighty God, consider the worthy desires of your humble servants. Reach out to defend us from evil by the word and work of your majestic right hand. Grant this, we pray, through the same Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

First Reading: Exodus 17:1-7

¹All the congregation of the people of Israel moved on from the wilderness of Sin by stages, according to the commandment of the LORD, and camped at Rephidim, but there was no water for the people to drink. ²Therefore the people quarreled with Moses and said, "Give us water to drink." And Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" ³But the people thirsted there for water, and the people grumbled against Moses and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?" ⁴So Moses cried to the LORD, "What shall I do with this people? They are almost ready to stone me." ⁵And the LORD said to Moses, "Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. ⁶Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. ⁷And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the LORD by saying, "Is the LORD among us or not?"

Psalm 95:1-9

¹Come, let us sing | to the LORD;*

let us shout for joy to the Rock of | our salvation.

²Let us come before his presence | with thanksgiving* and raise a loud shout to | him with psalms.

³For the LORD | is a great God,*

and a great King a- | bove all gods.

⁴In his hand are the caverns | of the earth,* and the heights of the hills | are his also.

⁵The sea is his, | for he made it,*

and his hands have molded | the dry land.

⁶Come, let us bow down, and | bend the knee,* and kneel before the | LORD our Maker.

⁷For he is our God, and we are the people of his pasture and the sheep | of his hand.* Oh, that today you would hearken | to his voice!

8Harden not your hearts, as your forebears did | in the wilderness,* at Meribah, and on that day at Massah, when they | tempted me.

⁹They put me | to the test,*

though they had | seen my works.

Second Reading:1 Corinthians 10:1–13

For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness. Now these things took place as examples for us, that we might not desire evil as they did. Do not be idolaters as some of them were; as it is written, "The people sat down to eat and drink and rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did and were destroyed by serpents, nor grumble, as some of them did and were destroyed by the Destroyer. Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Gospel: John 7:37–39

On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.' "Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.