

## Daily Readings

**3<sup>rd</sup> Sunday of Lent**

**8 March 2026**

**First reading**

**Exodus 17:3-7**

**'Here comes this dreamer. Come now, let us kill him.'**

**'Give us water to drink.'**

In those days: The people thirsted 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?' So Moses cried to the LORD, 'What shall I do with this people? They are almost ready to stone me.' And 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. Behold, 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. And he called the name of the place Massah and Meribah, because of the quarrelling of the people of Israel, and because they tested the LORD by saying, 'Is the LORD among us or not?'

**Responsorial Psalm**

**Ps 95(94):1-2. 6-7b. 7c-9. R7c, 8a**

***O that today you would listen to his voice!  
'Harden not your hearts.'***

Come, let us ring out our joy to the LORD;  
hail the rock who saves us.  
Let us come into his presence, giving thanks;  
let us hail him with a song of praise.

***O that today you would listen to his voice!  
'Harden not your hearts.'***

O come; let us bow and bend low.  
Let us kneel before the LORD who made us,  
for he is our God, and we the people,  
the people of his pasture, the flock of his hand.

***O that today you would listen to his voice!  
'Harden not your hearts.'***

O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your forebears put me to the test;

when they tried me, though they saw my work.'

***O that today you would listen to his voice!  
'Harden not your hearts.'***

### **Second reading**

**Romans 5:1-2, 5-8**

**Love has been poured into our hearts through the Spirit who has been given to us.**

Brothers and Sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person — though perhaps for a good person one would dare even to die — but God shows his love for us in that while we were still sinners, Christ died for us.

### **Gospel Acclamation**

**Cf. John 4:42, 15**

**Glory to you, O Christ, you are the Word of God.**

Lord, you are indeed the Saviour of the world;  
give me living water, so that I will not be thirsty.

**Glory to you, O Christ, you are the Word of God.**

### **Gospel**

**John 4:5-42**

**'A spring of water welling up to eternal life.'**

At that time: Jesus came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

A woman from Samaria came to draw water. Jesus said to her, 'Give me a drink.' (For his disciples had gone away into the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask for a drink from me, a woman of Samaria?' (For Jews have no dealings 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 nothing to draw water with, and the well is deep. Where do you get that living water? Are you greater than our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock.' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him 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 will not be thirsty or have to come here to draw water.'

Jesus said to her, 'Go, call your husband, and come here.' 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 now have is not your

husband. What you have said is true.’ The woman said to him, ‘Sir, I perceive that you are a prophet. Our fathers worshipped on this mountain, but you say that in Jerusalem is the place where people ought to worship.’ Jesus said to her, ‘Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. 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 worshippers will worship the Father in spirit and truth, for the Father is seeking 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 Messiah is coming — he who is called Christ. When he comes, he will tell us all things.’ Jesus said to her, ‘I who speak to you am he.’

Just then his disciples came back. They marvelled that he was talking with a woman, but no one said, ‘What do you seek?’ or, ‘Why are you talking with her?’ So the woman left her water jar and went away into town and said to the people, ‘Come, see a man who told me all that I ever did. Can this be the Christ?’ They went out of the town and were coming to him.

Meanwhile the disciples were urging him, saying, ‘Rabbi, eat.’ But he said to them, ‘I have food to eat that you do not know about.’ So the disciples said to one another, ‘Has anyone brought him something to eat?’ Jesus said to them, ‘My food is to do the will of him who sent me and to accomplish his work. Do you not say, “There are yet four months, then comes the harvest”? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. Already the one who reaps is receiving wages and 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 labour. Others have laboured, and you have entered into their labour.’

Many Samaritans from that town believed in him because of the woman’s testimony, ‘He told me all that I ever did.’ 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 indeed the Saviour of the world.’

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## Daily Readings

Monday 3<sup>rd</sup> week of Lent

9 March 2026

First reading

2 Kings 5:1-15a

**'There were many lepers in Israel, and none of them was cleansed, but only Naaman the Syrian.'**

In those days: Naaman, commander of the army of the king of Syria, was a great man with his master and in high favour, because by him the LORD had given victory to Syria. He was a mighty man of valour, but he was a leper. Now the Syrians on one of their raids had carried off a little girl from the land of Israel, and she worked in the service of Naaman's wife. She said to her mistress, 'Would that my lord were with the prophet who is in Samaria! He would cure him of his leprosy.' So Naaman went in and told his lord, 'Thus and so spoke the girl from the land of Israel.' And the king of Syria said, 'Go now, and I will send a letter to the king of Israel.'

So he went, taking with him ten talents of silver, six thousand shekels of gold, and ten changes of clothing. And he brought the letter to the king of Israel, which read, 'When this letter reaches you, know that I have sent to you Naaman my servant, that you may cure him of his leprosy.' And when the king of Israel read the letter, he tore his clothes and said, 'Am I God, to kill and to make alive, that this man sends word to me to cure a man of his leprosy? Only consider, and see how he is seeking a quarrel with me.'

But when Elisha the man of God heard that the king of Israel had torn his clothes, he sent to the king, saying, 'Why have you torn your clothes? Let him come now to me, that he may know that there is a prophet in Israel.' So Naaman came with his horses and chariots and stood at the door of Elisha's house. And Elisha sent a messenger to him, saying, 'Go and wash in the Jordan seven times, and your flesh shall be restored, and you shall be clean.' But Naaman was angry and went away, saying, 'Behold, I thought that he would surely come out to me and stand and call upon the name of the LORD his God, and wave his hand over the place and cure the leper. Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?' So he turned and went away in a rage. But his servants came near and said to him, 'My father, it is a great word the prophet has spoken to you; will you not do it? Has he actually said to you, 'Wash, and be clean'?' So he went down and dipped himself seven times in the Jordan, according to the word of the man of God, and his flesh was restored like the flesh of a little child, and he was clean.

Then he returned to the man of God, he and all his company, and he came and stood before him. And he said, 'Behold, I know that there is no God in all the earth but in Israel.'

**Responsorial Psalm**

**Ps 42(41):2. 3.; Psalm 43(42): 3. 4. R42(41):3**

***My soul is thirsting for the living God;  
when can I appear before the face of God?***

Like the deer that yearns  
for running streams,  
so my soul is yearning  
for you, my God.

***My soul is thirsting for the living God;  
when can I appear before the face of God?***

My soul is thirsting for God,  
the living God;  
when can I enter and appear  
before the face of God?

***My soul is thirsting for the living God;  
when can I appear before the face of God?***

O send forth your light and your truth;  
they will guide me on.  
They will bring me to your holy mountain,  
to the place where you dwell.

***My soul is thirsting for the living God;  
when can I appear before the face of God?***

And I will come to the altar of God,  
to God, my joy and gladness.  
To you will I give thanks on the harp,  
O God, my God.

***My soul is thirsting for the living God;  
when can I appear before the face of God?***

**Gospel Acclamation**

**Cf. Psalm 130(129):5, 7**

**Glory to you, O Christ, you are the Word of God.  
I wait for the LORD; I hope in his word.  
For in him there is mercy and plentiful redemption.  
Glory to you, O Christ, you are the Word of God.**

**Gospel**  
**Luke 4:24-30**

**Jesus, like Elijah and Elisha, is not sent only to the Jews.**

When Jesus came to Nazareth, he said to the people in the synagogue: 'Truly, I say to you, no prophet is acceptable in his home town. But in truth, I tell you, there were many widows in Israel in the days of Elijah, when the heavens were shut up three years and six months, and a great famine came over all the land, and Elijah was sent to none of them but only to Zarephath, in the land of Sidon, to a woman who was a widow. And there were many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed, but only Naaman the Syrian.' When they heard these things, all in the synagogue were filled with wrath. And they rose up, and drove him out of the town, and brought him to the brow of the hill on which their town was built, so that they could throw him down the cliff. But passing through their midst, he went away.

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