

Third Sunday of Lent
Year A

Reading 1

Citation: Exodus, Chap. 17, Verses 3-7
Exodus 17: 3-7

The story of the near-rebellion of the Israelites against Moses as they journey in the desert. They are without water and blame Moses for their plight. Moses, after trying everything he could think of, in desperation turns to God for help. God responds! and generously! Let you listeners hear the anger and anxiety of the Israelites as they complain against Moses. Let them hear Moses' frustration and pleading before God. Let them hear God's voice urging Moses to listen to Him and follow his instructions. Let them hear Moses' relief when everything works according to plan. And let them hear as an echo the frustration of the Israelites that closes the reading.

A reading from the Book of Exodus

In those days,
in their thirst for water,
the people grumbled against Moses,
saying,
"Why did you ever make us leave Egypt?
Was it just to have us die here of thirst
with our children and our livestock?"

(parenthetical expression)
(drag out "grumbled" a bit)
(very short pause)
(exasperation!)
(anger)

So Moses cried out to the LORD,
"What shall I do with this people?
A little more and they will stone me!"

(raise volume) (he's desperate!)
(very short pause)

The LORD answered Moses,
"Go over there in front of the people,
along with some of the elders of Israel,
holding in your hand, as you go,
the staff with which you struck the river.
I will be standing there in front of you on the rock in Horeb.
Strike the rock,
and the water will flow from it for the people to drink."

(a bit exasperated?)
(parenthetical expression)
(commanding?)
(assurance)
(commanding!)
(short pause)

This Moses did,
in the presence of the elders of Israel.

(parenthetical)

The place was called Massah and Meribah,
because the Israelites quarreled there
and tested the LORD, saying,
"Is the LORD in our midst or not?"

(forceful) (exasperated)

The word of the Lord.

Third Sunday of Lent
(Year A)

Reading 2

Citation: Romans, Chap. 5, Verses 1-2, 5-8
Romans 5: 1-2, 5-8

The theme of faith and hope is carried into the 2nd Reading but taken one step further. Because of Jesus our hope and faith in God, through Jesus, is or should be “real.” Real in the sense that we can experience it. Real in the sense that it exists independent of what we do. Real in the sense Jesus showed us, that even in death, God is there for us and with us. Your listeners need to hear you faith and hop4 in God by how you proclaim Paul’s words.

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

Since we have been justified by faith,
we have peace with God (very short pause)
through our Lord Jesus Christ, (almost parenthetical)
through whom we have gained access
by faith (parenthetical)
to this grace in which we stand,
and we boast in hope of the glory of God. (stress the underlined words) (very short pause)

And hope does not disappoint, (short pause)
because the love of God has been poured out into our hearts (almost parenthetical)
through the Holy Spirit (parenthetical)
who has been given to us. (very short pause)

For Christ,
while we were still helpless, (insistent!)
died (definite!)
at the appointed time (parenthetical)
for the ungodly. (sadness)

Indeed,
only with difficulty does one die for a just person, (sound as a wise person does)
though perhaps (some doubt)
for a good person
one might even find courage to die. (some amazement?)

But God proves his love for us (confident, insistent)
in that while we were still sinners (disbelief?)
Christ died for us. (convinced!)

The word of the Lord.

THIRD SUNDAY OF LENT

Year A

There is a Long and Short form of this Gospel

GOSPEL
Longer Form

Citation: John, Chap. 4, Verses 5-42

John 4: 5-42

John uses the woman who comes to the well in Samaria to demonstrate “to the rest of the world” Christ’s message of Love and Compassion for all humanity.

A reading from the holy Gospel according to John

Jesus came to a town of Samaria called Sychar,
near the plot of land that Jacob had given to his son Joseph.
Jacob's well was there.

(storytelling)
(parenthetical)
(very short pause)

Jesus,
tired from his journey,
sat down there at the well.
It was about noon.

(almost parenthetical)
(very short pause)
(short pause)

A woman of Samaria came to draw water.

(very short pause)

Jesus said to her,
"Give me a drink."

("Please" is inferred tone)
(parenthetical)

His disciples had gone into the town to buy food.
The Samaritan woman said to him,

"How can you,

(surprise in voice)

a Jew,

ask me,

a Samaritan woman,
for a drink?"

-- For Jews use nothing in common with Samaritans.--

(parenthetical) (very short pause)

Jesus answered and said to her,

"If you knew the gift of God
and who is saying to you, 'Give me a drink,'
you would have asked him
and he would have given you living water."

(gentle; surprise? leading her)

“ “

“ “

“ “

The woman said to him,

"Sir,

you do not even have a bucket

(almost disbelief)

and the cistern is deep;

where then can you get this living water?

Are you greater than our father Jacob,

(question in voice)

who gave us this cistern and drank from it himself

with his children and his flocks?"

(very short pause)

Jesus answered and said to her,

"Everyone who drinks this water will be thirsty again;

(increasingly conviction)

but whoever drinks the water I shall give will never thirst;

“ “

Proclamation Format

the water I shall give will become in him
a spring of water welling up to eternal life."

“ “ “
(very short pause)

The woman said to him,
"Sir,
give me this water,
so that I may not be thirsty or have to keep coming here to draw water."

(eagerness)
“
(almost sighing relief)

Jesus said to her,
"Go call your husband and come back."
The woman answered and said to him,
"I do not have a husband."

(gentle) (very short pause)
(matter-of-factly)

Jesus answered her,
"You are right in saying, 'I do not have a husband.'
For you have had five husbands,
and the one you have now is not your husband.
What you have said is true."

(gentle but firm)
(voice goes down)
(very short pause)

The woman said to him,
"Sir,
I can see that you are a prophet.
Our ancestors worshiped on this mountain;
but you people say that the place to worship is in Jerusalem."

(almost remembering?)
(a gentle prod?) (very short pause)

Jesus said to her,
"Believe me, woman,
the hour is coming when you will worship the Father
neither on this mountain nor in Jerusalem.
You people worship what you do not understand;
we worship what we understand,
because salvation is from the Jews.
But the hour is coming,
and is now here,
when true worshipers will worship the Father in Spirit and truth;
and indeed
the Father seeks such people to worship him.
God is Spirit,
and those who worship him must worship in Spirit and truth."

(very short pause)
(almost sad)
(almost parenthetical)
(become a teacher)
(very short pause)
(very short pause)

The woman said to him,
"I know that the Messiah is coming,
the one called the Christ;
when he comes,
he will tell us everything."

(almost parenthetical)
(very short pause)

Jesus said to her,
"I am he,
the one speaking with you."

(reassuring tone)
“

At that moment his disciples returned,

Proclamation Format

and were amazed that he was talking with a woman,
but still

no one said,

"What are you looking for?"

or

"Why are you talking with her?"

(very short pause)

The woman left her water jar

and went into the town and said to the people,

"Come see a man who told me everything I have done.

(very excited!)

Could he possibly be the Christ?"

(very short pause)

They went out of the town and came to him.

Meanwhile,

the disciples urged him,

"Rabbi, eat."

But he said to them,

"I have food to eat of which you do not know."

(almost lighthearted?)

So the disciples said to one another,

"Could someone have brought him something to eat?"

(doubtful question in tone)

Jesus said to them,

"My food is to do the will of the one who sent me

(very serious)

and to finish his work.

Do you not say,

(asking a rhetorical question)

'In four months the harvest will be here?'

“ “

I tell you,

look up and see the fields ripe for the harvest.

(gradually pick up pace to end of sentence)

The reaper is already receiving payment

and gathering crops for eternal life,

so that the sower and reaper can rejoice together.

For here the saying is verified that 'One sows and another reaps.'

(slower pace)

I sent you to reap what you have not worked for;

(be deliberate -- each line)

others have done the work,

and you are sharing the fruits of their work."

(very short pause)

Many of the Samaritans of that town began to believe in him

(storyteller again)

because of the word of the woman who testified,

(almost parenthetical)

"He told me everything I have done."

(very short pause)

When the Samaritans came to him,

(storytelling)

they invited him to stay with them;

and he stayed there two days.

Many more began to believe in him

because of his word,

and they said to the woman,

"We no longer believe because of your word;

(kindness)

for we have heard for ourselves,

(conviction)

Proclamation Format

and we know that this is truly
the savior of the world."

(gradually building)
(end on a high note!)

The Gospel of the Lord.

THIRD SUNDAY OF LENT

Year A

GOSPEL
Shorter Form

Citation: John, Chap. 4, Verses 5-15, 19b-26, 39a, 40-42
John 4: 5-15, 19b-26, 39a, 40-42

A reading from the holy Gospel according to John

Jesus came to a town of Samaria called Sychar,
near the plot of land that Jacob had given to his son Joseph.
Jacob's well was there.

(storytelling)
(parenthetical?)
(parenthetical)

Jesus,
tired from his journey,
sat down there at the well.
It was about noon.

(very short pause)
(parenthetical; very short pause)

A woman of Samaria came to draw water.

Jesus said to her,
"Give me a drink."

("Please" is inferred)
(parenthetical)

His disciples had gone into the town to buy food.
The Samaritan woman said to him,

"How can you,
a Jew,
ask me,
a Samaritan woman,
for a drink?"

(almost surprise in voice)

-- For Jews use nothing in common with Samaritans. --

(parenthetical) (very short pause)

Jesus answered and said to her,
"If you knew the gift of God
and who is saying to you, 'Give me a drink,'
you would have asked him
and he would have given you living water."

(with kindness, but firm)

(very short pause)

The woman said to him,
"Sir,
you do not even have a bucket
and the cistern is deep;
where then can you get this living water?"

(respectful)
(a doubtful, questioning tone)

Are you greater than our father Jacob,
who gave us this cistern and drank from it himself
with his children and his flocks?"

(continue questioning tone)

(very short pause)

Jesus answered and said to her,
"Everyone who drinks this water will be thirsty again;
but whoever drinks the water I shall give will never thirst;
the water I shall give will become in him

(very short pause)

Proclamation Format

a spring of water welling up to eternal life."

(very short pause)

The woman said to him,

"Sir,

give me this water,

so that I may not be thirsty or have to keep coming here to draw water.

"I can see that you are a prophet.

Our ancestors worshiped on this mountain;

but you people say that the place to worship is in Jerusalem."

Jesus said to her,

"Believe me, woman,

the hour is coming when you will worship the Father

neither on this mountain nor in Jerusalem.

You people worship what you do not understand;

(almost sad)

we worship what we understand,

because salvation is from the Jews.

(almost parenthetical)

But the hour is coming,

and is now here,

when true worshipers will worship the Father in Spirit and truth;

and indeed the Father seeks such people to worship him.

(very short pause)

God is Spirit, and those who worship him

must worship in Spirit and truth."

The woman said to him,

"I know that the Messiah is coming,

the one called the Christ;

when he comes, he will tell us everything."

(almost parenthetical)

(very short pause)

Jesus said to her,

"I am he,

the one who is speaking with you."

(firmly; conviction)

(very short pause)

Many of the Samaritans of that town began to believe in him.

(almost amazement)

When the Samaritans came to him,

they invited him to stay with them;

and he stayed there two days.

Many more began to believe in him because of his word,

(storytelling)

and they said to the woman,

"We no longer believe because of your word;

for we have heard for ourselves,

and we know that this is truly

the savior of the world."

(convinced!)

The Gospel of the Lord.