

Collect

Almighty God, whose most dear Son went not up to joy
 but first he suffered pain, and entered not into glory
 before he was crucified: mercifully grant that we,
 walking in the way of the cross,
 may find it none other than the way of life and peace;
 through Jesus Christ your Son our Lord,
 who is alive and reigns with you,
 in the unity of the Holy Spirit, one God, now and for ever.

1st Reading - Exodus 17.1-7

From the wilderness of Sin the whole congregation of the
 Israelites journeyed by stages, as the Lord commanded.
 They camped at Rephidim, but there was no water for the people
 to drink. The people quarrelled with Moses, and said, 'Give us
 water to drink.' Moses said to them, 'Why do you quarrel with
 me? Why do you test the Lord?' But the people thirsted there for
 water; and the people complained against Moses and said,
 'Why did you bring us out of Egypt, to kill us and our children and
 livestock with thirst?' So Moses cried out to the Lord, 'What shall
 I do with this people? They are almost ready to stone me.'
 The Lord said to Moses, 'Go on ahead of the people, and take
 some of the elders of Israel with you; take in your hand the staff
 with which you struck the Nile, and go. I will be standing there
 in front of you on the rock at Horeb. Strike the rock, and water
 will come out of it, so that the people may drink.' Moses did so, in
 the sight of the elders of Israel. He called the place Massah and
 Meribah, because the Israelites quarrelled and tested the Lord,
 saying, 'Is the Lord among us or not?'

Psalm - from Psalm 95

O come, let us sing to the Lord;
 let us heartily rejoice in the rock of our salvation.
 Let us come into his presence with thanksgiving
 and be glad in him with psalms. **℟**
 Come, let us worship and bow down
 and kneel before the Lord our Maker.
 For he is our God;
 we are the people of his pasture and the sheep of his hand. **℟**
 O that today you would listen to his voice:
 'Harden not your hearts as at Meribah,
 on that day at Massah in the wilderness,
 'When your forebears tested me, and put me to the proof,
 though they had seen my works. **℟**

2nd Reading - Romans 5.1-11

Since we are justified by faith, we have peace with God through
 our Lord Jesus Christ, through whom we have obtained access
 to this grace in which we stand; and we boast in our hope of
 sharing the glory of God. And not only that, but we also boast in
 our sufferings, knowing that suffering produces endurance, and
 endurance produces character, and character produces hope, and
 hope does not disappoint us, because God's love has been poured
 into our hearts through the Holy Spirit that has been given to us.
 For while we were still weak, at the right time Christ died for the
 ungodly. Indeed, rarely will anyone die for a righteous person -
 though perhaps for a good person someone might actually dare to
 die. But God proves his love for us in that while we still were
 sinners Christ died for us. Much more surely then, now that we
 have been justified by his blood, will we be saved through him
 from the wrath of God. For if while we were enemies, we were
 reconciled to God through the death of his Son, much more
 surely, having been reconciled, will we be saved by his life.
 But more than that, we even boast in God through our Lord Jesus
 Christ, through whom we have now received reconciliation.

Gospel Reading - 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 worshipped 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 worshippers 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.' 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 labour. Others have
 laboured, and you have entered into their labour.' Many
 Samaritans from that city believed in Jesus 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 for 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.'

Post Communion Prayer

Merciful Lord, grant your people grace to withstand
 the temptations of the world, the flesh and the devil,
 and with pure hearts and minds to follow you,
 the only God; through Jesus Christ our Lord.

