

THIRD SUNDAY OF LENT



Samaritan Woman at the Well by Emmanuel Tzanes (1689)

St Paul's Church • Ipswich
08 March 2026

GATHERING IN GOD'S NAME

Introit Hymn

Glorious things of you are spoken [TIS 446]

The Invocation

Blessed be God: Father, Son and Holy Spirit.

Blessed be God's kingdom, now and for ever.

The Greeting

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

And also with you.

Welcome, Introduction & Acknowledgement of Country

Kids' Time with God

Scripture Sentence

'The water that I will give,' says the Lord, 'will become in you a spring of water welling up to eternal life.'

John 4.14

Prayer of Approach

**Almighty God,
to whom all hearts are open
all desires known,
and from whom no secrets are hidden:
cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit,
that we may perfectly love you,
and worthily magnify your holy name,
through Christ our Lord. Amen.**

Kyrie eleison (Lord, have mercy)

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Penitence

Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' Jesus said: 'This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself.'

Compassion and forgiveness belong to the Lord our God, though we have rebelled and wandered far off.

Silence may be kept.

Let us then ask for mercy, confessing our sins in penitence and faith.

Merciful God,

our maker and our judge,

we have sinned against you

in thought, word and deed,

and in what we have failed to do:

we have not loved you with our whole heart;

we have not loved our neighbours as ourselves;

we repent and are sorry for all our sins.

Father, forgive us.

Strengthen us to love and obey you

in newness of life;

through Jesus Christ our Lord. Amen.

The Absolution

Almighty God,

who has promised forgiveness to all who turn to him in faith,

pardon you and set you free from all your sins,

strengthen you in all goodness

and keep you in eternal life,

through Jesus Christ our Lord. **Amen.**

Collect

O God, the fountain of life,
to a humanity parched with thirst
you offer the living water that springs from the Rock,
our Saviour Jesus Christ:
stir up within your people the gift of your Spirit,
that we may profess our faith with freshness
and announce with joy the wonder of your love.
We ask this through our Lord Jesus Christ,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. **Amen.**

THE MINISTRY OF THE WORD

First 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?'

Hear the word of the Lord,
Thanks be to God.

Psalm 95

- 1 O come, let us sing out to the Lord:
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving:
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God:
and a great king above all gods.
- 4 In his hand are the depths of the earth:
and the peaks of the mountains are his also.
- 5 The sea is his and he made it:
his hands moulded dry land.
- 6 Come, let us worship and bow down:
and kneel before the Lord our maker.
- 7 For he is the Lord our God:
we are his people and the sheep of his pasture.
- 8 Today if only you would hear his voice—
‘Do not harden your hearts as at Meribah:
as on that day at Massah in the wilderness;
- 9 ‘When your forebears tested me:
put me to proof, though they had seen my works.
- 10 ‘Forty years long I loathed that generation and said:
**“It is a people who err in their hearts,
for they do not know my ways”;**
- 11 ‘Of whom I swore in my wrath:
“They shall not enter my rest.”’

Second Reading

Romans 5.1-11

Therefore, 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.

Hear the word of the Lord,
Thanks be to God.

Gradual Hymn

Thanks to God whose word was spoken [TIS 431]

The Gospel

John 4.5-42

The Lord be with you.
And also with you.

The Gospel of our Lord Jesus Christ according to St John.
Glory to you Lord Jesus Christ.

So he 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 him 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.’

This is the Gospel of the Lord

Praise to you Lord Jesus Christ.

The Sermon

AFFIRMATION OF FAITH

Let us together affirm the faith of the church.

**We believe in one God, the Father, the almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God, eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made
of one being with the Father; through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

PRAYERS OF THE FAITHFUL

The celebrant says.

Let us pray to the God who shines light into our darkness,
revealing glory in the face of Jesus Christ.

A minister continues

God of living water,
you meet us in the heat of the day and offer grace that renews.
Bless your Church to be a place of refreshment and truth.
Guide Jeremy our Archbishop, Cameron our Regional Bishop,
and all called to lead in faith and humility.
Lord, in your mercy,
hear our prayer.

God of creation and justice,
you hold the earth in compassion and the seas in wisdom.
Heal what greed has scarred, renew what care has neglected.
Bless those who work for peace, understanding, and climate
renewal.
Lord, in your mercy,
hear our prayer.

God of compassion,
you know the secret thirst of every heart.
Bring comfort to the ill, strength to the weary,
and gentleness to all who care for others.
In their need, may they know your nearness.
Lord, in your mercy,
hear our prayer.

God of all times,
you gather to yourself those who have died in faith.
We remember the faithful departed,
and those whom we love but see no longer.
May they rest in your peace and rise in your glory.
Lord, in your mercy,
hear our prayer.

God of our journey,
quench our dryness with the life of your Spirit,
and let Christ's love flow through us to the world.
Grant that our days may bear the fruit of your grace,
and our hearts reflect your mercy.
Lord, in your mercy
Hear our prayer

Please join me as we pray the Ipswich Anglicans Prayer together:

**God of new beginnings,
bless our Ipswich Anglican community
with a fresh vision for the future,
with generous hearts to love one another,
and with courage for the changes we now embrace.
Draw us more deeply into the mystery of Christ,
so that we draw closer to you and to each other.
Make us a blessing to the city of Ipswich
as we walk together
into the future you have prepared for us;
through Jesus Christ our Lord. Amen**

Almighty God, you have promised to hear our prayers.

**Grant that what we have asked in faith
we may by your grace receive,
through Jesus Christ our Lord. Amen.**

GREETING OF PEACE

Christ has reconciled us to God in one body by the cross.

We meet in his name and share his peace.

The peace of the Lord be always with you.

And also with you.

Offertory Hymn

Let heaven and earth combine [TIS 305]

Blessed are you, Lord, God of all creation.

Through your goodness we have this bread to offer,
which earth has given and human hands have made.
It will become for us the bread of life

Blessed be God for ever.

Blessed are you, Lord, God of all creation.

Through your goodness we have this wine to offer.
Fruit of the vine and work of human hands,
it will become our spiritual drink

Blessed be God for ever.

Blessed are you, Lord, God of all creation.

Through your goodness we have these gifts to share.
Accept and use our offerings for your glory
and for the service of your kingdom.

Blessed be God for ever.

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

All glory and honour be yours always and everywhere,
mighty Creator, everliving God.

We give you thanks and praise for your Son,
our Saviour Jesus Christ,

who by the power of your Spirit was born of Mary
and lived as one of us.

He was tempted in every way as we are,
yet he did not sin.

By his death on the cross
and rising to new life,

he offered the one true sacrifice for sin
and obtained an eternal deliverance for his people

By his grace we are able
to triumph over every evil,
and to walk in the way of his love.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and saying:

**Holy, holy, holy Lord, God of power and might,
Heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Holy and gracious God,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us,
to reconcile us to you,
the God and Father of all.

Hear us, merciful Lord;
through Christ accept our sacrifice of praise;
and, by the power of your Word and Holy Spirit,
sanctify this bread and wine,
that we who share in this holy sacrament
may be partakers of Christ's body and blood.

Who, when his hour had come,
on the night before he went up to the cross
to make full atonement for the sins of the whole world,
offering once for all his one sacrifice of himself,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying,
'Take, eat:
this is my body which is given for you;
do this in remembrance of me.'

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying,
'Drink this, all of you;
this is my blood of the new covenant
which is shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.'

Let us proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Therefore, in obedience to his command,
we commemorate and celebrate
his saving passion and death,
his mighty resurrection and ascension into heaven
and we eagerly await his coming again in glory.

We thank you that by your grace alone
you have accepted us in Christ;
and here we offer you a spiritual sacrifice,
holy and acceptable in your sight.
Through Christ, receive this our duty and service,
and grant that we who eat and drink these holy gifts
may, by your Holy Spirit,
be one body in Christ,
and serve you in unity and peace.

In your grace and mercy,
bring us to the joy of your eternal kingdom
with all the company of the redeemed.
May we praise you in union with them,
and give you glory through your Son, Jesus Christ.
Through him, with him, in him,
in the unity of the Holy Spirit,
we worship you, Father eternal,
in songs of never-ending praise:

**Blessing and honour and glory and power
are yours for ever and ever. Amen.**

The Lord's Prayer

As our Saviour Christ has taught us, we are confident to pray,

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.**

As this broken bread was once many grains,
which have been gathered together and made one bread:

**so may your Church be gathered
from the ends of the earth into your kingdom.**

Agnus Dei

**Jesus, Lamb of God, have mercy on us.
Jesus, bearer of our sins, have mercy on us.
Jesus, redeemer of the world, grant us your peace.**

Invitation to the Table

The gifts of God for the people of God.
Holy things for holy people.
Broken things for broken people.

*Please note that intinction (dipping the bread) is forbidden as it is a health risk; it also introduces gluten to the wine, which is a further health risk to those who have a gluten allergy. Please ask the priest if you require a gluten free wafer.
If you do not wish to drink from the cup but want to acknowledge the sacramental presence, please feel free to pause briefly before the chalice and say 'Amen'.*

THE SENDING OUT OF GOD'S PEOPLE

Prayer after Communion

God of life and death,
from the fullness of yourself
you have created all that is;
through the power of your love
you call us towards you;
in the giving of your Son
our salvation has been wrought.
Our flowering and our passing,
all the seasons of the vine,
belong to you.
Bless us now and in all our days,
through Jesus Christ our Lord. **Amen.**

Kids' time With God

Notices

Blessing

Christ our Saviour draw you to himself,
that you may find in him crucified
a sure ground for faith,
a firm support for hope,
and the assurance of sin forgiven;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen**

Go in peace to love and serve the Lord.
In the name of Christ. Amen.

Recessional Hymn

The king of love my shepherd is [TIS 145]

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