

twelvebaskets

FREE TO DUPLICATE AND DISTRIBUTE



LENT 3A

12th March 2023

A short act of worship and daily devotions

A Free resource funded by donations from Individuals, churches and **twelvebaskets**.

If you would like to help fund this resources [click here](#).

For more information <https://theworshipcloud.com/terms/free-weekly-resource>

Opening Prayers

Look at your feet.

Notice the scraps and marks on your shoes or slippers, or if your feet are bare notice the lines and wrinkles. Wiggle your toes and notice how that feels.

Look at the ground your feet are on. Is it a carpet? Or wood? Laminate or something else?

Do you feel grounded and connected? Or a bit rushed and flustered and cut off?

[Pause].

When you are ready, offer this time of worship to God, you might like to say these words out loud:

“Creator God, thank you that my feet are on holy ground. As I sit here I choose to offer the time to you. I long to meet with you on this holy, ordinary ground.”

Amen.

You may now wish to say the Lord’s Prayer in a version or translation with which you are most familiar

Hymn:

455 STF – All my hope on God is founded - [YouTube](#)

Readings: John 4:5-42 – [Click for reading](#)

Response to the reading

This gospel story is a story of deep transformation, a simple exchange at a well becomes the transformation of a whole community and deep learning for those who follow Jesus: there are no outsiders. None of us are outside God’s love, however shady our past. God will sit with us at the well, knowing all we are and offering us eternal life, a drink from the deep spring of God’s love. And all we are expected to do is share that joy with others – just as the Samaritan woman did with those around her.

If we are tempted to draw the circle small or find ourselves avoiding certain people, then, like Jesus, our challenge is to take a different route and place ourselves in spaces with people we may not encounter. For it is in those moments of encounter we truly experience the Other and learn of the depth of humanity and all that God is and in that we learn to draw the circle wider. For as we do, we open up the possibilities of transformation as we build bridges and discover the love of God in the midst of mutual encounter.

- Take a moment to imagine yourself at the well with Jesus, how might the conversation go?

- Are there people you avoid who you might spend some time with?
- How might God speak to you of grace in that experience?

Hymn:

Listening to this hymn, sung by the King's College, Cambridge choir, might help you to reflect on the themes and challenges in today's service

277 STF – My song is love unknown - [YouTube](#)

[Please note, Twelvebaskets does not own the copyright to this video. Please ensure you have appropriate permissions from the rights holders before using in public worship or online].

Blessing

I have come to meet with you at the well, Jesus the Christ.

As I head back into my day, my week, my life, may I be transformed by this moment of encounter.

I have come into the presence of love, and grace and hope, inspire me to share these divine qualities with the world, by your Spirit, Lord God.

Embolden my actions, Lord, in Jesus' name

Amen.

Prayers and Prayer Pointers for the Week

Monday 13th March

- Write a note or a message to a friend with a Bible verse in it that you think might be relevant to your life.
- Tell them you're thinking of them, and pray about them as they receive it.

Tuesday 14th March

- God of all grace, I take a moment to pray for all the stories in the news today. Holding before you leaders, nations, conflicts, disasters, and those working for a better world.
Come, Prince of Peace, come Lord of Light,
Amen.

Wednesday 15th March

- Today marks the 4th anniversary of the first 'Fridays for Future' strike, when 1.4 million young people across 123 countries went on strike to protest about the climate crisis and relative inaction from leaders and governments.
- Let us pray for our planet, for all of us as we seek to make adjustments to our lifestyle so we limit our negative impact on the world, and for leaders and those in power as they face the vital decisions that need to be made to limit and mitigate against climate disasters.

Thursday 16th March

- Think about the fruits of the spirit.
- Pick one of them that you don't feel you are very good at, or that needs some intentional work.
- Spend some time praying about this, and then practice it for a whole day in all you do.

Friday 17th March

- Today is St Patrick's Day – a day many people celebrate by wearing green and/or drinking Guinness, or celebrating all things Irish.
- But it also marks the saint day of the patron saint of Ireland, about whom a number of stories and/or myths have built up over the years, including his legendary 40-day fast on a mountain side (echoing Moses and Jesus in the Bible). During the fast he is said to have banished an evil serpent from the mountain.
- What spiritual practices are you using to help you connect with the divine? How are you praying, reflecting, meditating, taking time out/alone to encounter God? Whilst we don't recommend a 40-day fast without a long conversation with your doctor first, perhaps you might like to have a think and pray today about a practice or discipline that might help you.

Saturday 18th March

- Holy God, today I am thankful. I come in prayer, recognising and remembering this day that all I have received is grace, all is gift. I have received so much, and so often I take it for granted. Today, I come with a thankful heart, knowing how richly blessed I am, and seeking to offer gratitude.
- You might like to list the things you are grateful for – go on as long as you possibly can!
- Thank you God. Amen.