

Contemplative Prayer Form

(Third Sunday of Lent - Year A)



The Liturgy Letter

Note: This is for individual or small group use. It is intended to be a form of contemplative “Lectio Divina” based on the scripture readings for the week and the themes of the liturgical season. Repetition, silence, and intercession are utilized to allow space for focus over a short or long period of time. It may be helpful to use your fingers to count the number of scripture phrases you utter during the times of repetition. The Scripture prayer section is structured for easy use with [Anglican Prayer Beads](#) for those who might find a tactile expression to be helpful (⛦ = Cross 🌀 = Invitatory bead ⛦ = Cruciform bead ● = Weeks bead).

Scripture Reading:

So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob’s well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. When a Samaritan woman came to draw water, Jesus said to her,

“Will you give me a drink?” (His disciples had gone into the town to buy food.)

The Samaritan woman said to him, “You are a Jew and I am a Samaritan woman. How can you ask me for a drink?” (For Jews do not associate with Samaritans.) Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.”

“Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?”

Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” The woman said to him, “Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.”

He told her, “Go, call your husband and come back.”

“I have no husband,” she replied.

Jesus said to her, “You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.”

“Sir,” the woman said, “I can see that you are a prophet. Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.”

“Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”

The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”

Then Jesus declared, “I, the one speaking to you—I am he.”

Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, “What do you want?” or “Why are you talking with her?”

Then, leaving her water jar, the woman went back to the town and said to the people, “Come, see a man who told me everything I ever did. Could this be the Messiah?” They came out of the town and made their way toward him.

Meanwhile his disciples urged him, “Rabbi, eat something.” But he said to them, “I have food to eat that you know nothing about.” Then his disciples said to each other, “Could someone have brought him food?”

“My food,” said Jesus, “is to do the will of him who sent me and to finish his work. Don’t you have a saying, ‘It’s still four months until harvest’? I tell you, open your eyes and look at the fields! They are ripe for harvest. Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. Thus the saying ‘One sows and another reaps’ is true. I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor.” Many of the Samaritans from that town believed in him because of the woman’s testimony, “He told me everything I ever did.” So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers.

They said to the woman, “We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world.”
-John 4:5-42 (NIV)

Scripture Prayer:

✝ The Lord is full of compassion and mercy. Come, let us adore him.

✿ Almighty God, keep our bodies and souls so that we may be defended from all adversities and evil thoughts, that we may live and reign with you. Amen.

◇ Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.
-Psalm 95:1

- **Repeat Seven Times:**

Let us come before him with thanksgiving...

-Psalm 95:2a

◇ In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land.
-Psalm 95:4-5

- **Repeat Seven Times:**

For the Lord is the great God, the great King above all gods.

-Psalm 95:3

◇ Today, if only you would hear his voice, "Do not harden your hearts as you did...in the wilderness, where your ancestors tested me; they tried me, though they had seen what I did."
-Psalm 95:8-9

- **Repeat Seven Times:**

'They are a people whose hearts go astray, and they have not known my ways.'

-Psalm 95:10

◇ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
-Romans 5:8

- **Repeat Seven Times:**

"...this man really is the Savior of the world."

-John 4:42b

◇ Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.
-Psalm 95:6-7

✿ *The Lord's Prayer*

✝ May God grant us forgiveness of sins as we forgive others. Amen.

Silence

Intercessions

***Pause in between these sentences for silence or specific intercessions**

Lord Jesus Christ, guide us by your Spirit: gather all the nations into your care.

Keep us steady in faith and set our hearts to desire your Kingdom...

Come, Holy Spirit, heal our wounded souls and misshaped desires...

Free us from anxiety and lead us to trust you...

Guide your Church in this place and around the world...

We pray for the leaders of the nations...

Father, support those who are going through trials...

For the oppressed and lonely...

For families and friends, for all who have asked for our prayers and who pray for us...

For our country, our region (village, town...), that the Christians there may be witnesses to your life and unity...

Praise Father, Son, and Holy Spirit. Amen.