



Lent 3 - Sunday March 8th, 2026 **The Fig Tree Worship Resource**

Call to worship & Lighting the Candle

God calls us here. Not because we are perfect and have no need for forgiveness, but because we are thirsty for the relationship we are promised with God.

God calls us here not to withhold ourselves from everyday life, but to listen for the inspiration of the living water, to open ourselves up to its refreshing presence so that we are filled and transformed by the encounter.

Let us worship God!

Light the candle - Christ is with us.

Acknowledging



*Uniting Aboriginal and Islander
Christian Congress*

The Ancient of Days breathed life into this land and her peoples. From time beyond our reckoning the *(please name the people on whose land you gather)* People, the Traditional Custodians, have blessed this place through their law and customs, their care and life. We pay respects to their Elders and leaders past and present, and pray for the future of their communities. May we walk gently and respectfully on this Land.

Singing - Come as you are TiS 693

OR: Let us Sing to the God of Salvation TiS 52
OR: I sing the almighty power of God TiS 119



Prayer

Gracious God, in whom we live and move and have our being. We thank you that we come with the reassurance of your goodness, with the promise of water from the rock and salvation through Jesus. We praise you that over centuries you have journeyed with the whole of

humankind, bringing people into relationship with you in so many ways. We thank you Lord that you have led us in the ways of Jesus, the one who proclaimed himself to the outcast and the unknowing. Yet through him, we find the endless well of living water.

As we drink from this well Lord, refresh and renew us again. Let there be rivers in the desert, sweeping away our confusion and uncertainty about how to be your disciples. Let us be regenerated again out of our apathy and helplessness. Let us be illuminated by the life within us spurring us onto conviction and belief. Dispel from us the darkness of self-concern, where the needs of others are ignored. Let the depth of your endless love for us cultivate in us the fruit that makes us worthy to be your people.

We believe Lord, help us in our unbelief. **AMEN**

Know then again, that in and through Christ – our sins are forgiven. **Thanks be to God**

Passing the peace

May the Peace of God dwell with you:
and also with you.

Listening

Read: Romans 5:1-11 &
John 4:5-42

For these words of faith
and for Jesus the Word
Thanks be to God.

Reflecting - Rev. Moira Dodsworth

Listen to him!

The week before Lent, as we read “the transformation” I was struck by the words from God to the disciples. “This is my beloved son, in whom I am well pleased. Listen to him!” I have taken these words – “Listen to him,” to be my theme for Lent and read the gospel readings each week with this intention.



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In the reading from John 4, there is much to listen to, not always spoken aloud, but in Jesus' behaviour:

- Accept help from others without making assumptions about who they are.
- Drink deeply from the well of living water
- God knows all about you
- All are welcome in God's kingdom
- Don't worry about the little things
- Share the good news.

I'm sure we've all had help from the most unlikely people. I remember the old Swazi man in a suit who stopped when I was on the side of the road with a vomiting toddler and a screaming baby, he was so kind, heedless of the baby drooling down his back! Yet it is so easy to make judgements about people for the clothes they wear, the colour of their skin, the outward appearance. Jesus speaks to a Samaritan woman, forbidden under the law. Where is Jesus speaking to you?

Lent is a time when we walk Jesus' journey to the cross, a time for contemplation and slowing down, drinking deeply of the "Living Water". The water that gives us life does not come from earthly things, from what the world offers, the noise and ideas that are thrown at us from all sides. Spending time this Lent finding what God is saying, in the quiet, in peaceful places. Where do you find the Living water?

What do you hope God doesn't know about you? Take time this Lent to inspect them and put them away. I had a practice taught by a Spiritual Director, when I was very anxious. I went for a walk, while walking, I picked up an object to symbolise my worry and on coming home, put it in a jar. God dealt with my jar. The disciples were worrying about the physical things while Jesus was showing them, and the others who came, what was really important. What are your secrets, "little things"?

The woman leaves her jar of water and goes back to the village. She has understood. The disciples need to be reminded. They want Jesus to eat. They are still tied up in the challenges of this

world. Jesus reminds them. Let us seek what God is reminding us of this lent, what ties us down?

All are welcome in God's kingdom, and they need to know of the kingdom, we need to share the living water. The Samaritan woman rushes to fetch all the people from the village. She shares her story to encourage them to "come and see", come and listen! "He says he is the Messiah. I'm not sure about this but come and check it out!" All the villagers would have known her story. She was not worthy of being listened to. But they came because something had changed about her and they wanted to know too!

Listen to him! What do you need to hear? Take time from the noisy world and busy lives, find a place to drink deeply of the living water and to hear what Jesus is saying to you.

Singing - The great love of God TIS 164

OR: O the Deep, Deep Love of Jesus TIS 232

OR: God when human bonds are broken TIS 683

OR: I heard the voice of Jesus say TIS 585

Offering

You see deep within us, God of Jesus Christ. You know our heart and what motivates us to share offerings for the sake of others. You know us better than we even know ourselves.

Inspire us to offer more deeply than we can even imagine, in the name of Christ. Amen.

Notices

Today is **International Women's Day**.

Prayers for World & Community

We are your people, O God. People called by you in all our hesitant and halting ways. And yet we know Lord, that you call us into communion with all those who praise your name, who hold communion with you. We know that you will take our prayers and use them as part of your gracious and spacious love for the world.



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We pray for those who long for love and compassion. May they find your presence in their lives.

We pray for those locked into cycles of addiction and hopelessness. May they find liberation in you.

We pray for those who are full of cynicism and doubt. May they find hope in your love.

We pray for those in pain and in grief. May they find solace in the gentleness of your presence.

We pray for those people and situations we are holding close to our hearts (*silence*). May they know of our concern for them.

Empower your Spirit to bring all the refreshment we need so that we may be lifted from ourselves and be filled with your life and witness, today and all days. **Amen**

We pray together then as Jesus taught us:

The Lord's Prayer

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 forever. Amen.

Singing - Guide me O thou great Redeemer **TiS 569**

OR: Touch the Earth Lightly TiS 668
OR: Amazing grace how sweet the sound TiS 129
OR: Come down O Love divine TiS 398

Blessing

We who have heard the story,
the saving story of God's love for us,
are now sent out to tell it, to show it,
and to live it again in all we encounter.

In this way the gift we know is passed on and
made real again in the telling.

In the name of the Creator, Redeemer and
Sustainer. **Amen.**

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