

**ST ANDREW'S CHURCH - MOSCOW
THIRD SUNDAY OF LENT
8th MARCH, 2026.**



A SERVICE OF THE WORD

*At the start of our service this morning, please join the choir in a song of praise:
Ten Thousand Reasons*

***Bless the Lord, O my soul, O my soul,
worship His holy name.***

***Sing like never before, O my soul,
I'll worship Your holy name.***

**The sun comes up, it's a new day dawning.
It's time to sing Your song again;
Whatever may pass and whatever lies before me
Let me be singing when the evening comes.**

Chorus

**You're rich in love and You're slow to anger,
Your name is great and Your heart is kind.**

**For all Your goodness, I will keep on singing,
Ten thousand reasons for my heart to find.**

Chorus

**And on that day when my strength is failing,
the end draws near and my time has come.
Still, my soul will sing Your praise unending;
Ten thousand years and then forevermore.**

Chorus

CALL TO WORSHIP

For thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength. *(Isaiah 30.15)*

Opening Hymn: I heard the voice of Jesus say

**I heard the voice of Jesus say,
“Come unto me and rest;
lay down, thou weary one, lay down
thy head up on my breast.”
I came to Jesus as I was,
so weary, worn and sad;
I found in him a resting-place,
and he has made me glad.**

**I heard the voice of Jesus say,
“Behold, I freely give
the living water, thirsty one;
stoop down and drink and live.”
I came to Jesus, and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.**

I heard the voice of Jesus say,
“I am this dark world’s light;
look unto me, thy morn shall rise,
and all thy day be bright.”
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I’ll walk
till trav’ling days are done.

We have come together in the name of Christ to offer our praise and thanksgiving, to hear and receive God’s holy word, to pray for the needs of the world, and to seek the forgiveness of our sins, that by the power of the Holy Spirit we may give ourselves to the service of God.

INVITATION TO CONFESSION

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise.

Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

A moment of silence:

We confess to you our selfishness and lack of love:
fill us with your Spirit.

Lord, have mercy. **Lord, have mercy.**

We confess to you our fear and failure in sharing our faith:
fill us with your Spirit.

Christ, have mercy. **Christ, have mercy.**

We confess to you our stubbornness and lack of trust:
fill us with your Spirit.

Lord, have mercy. **Lord, have mercy.**

ABSOLUTION

May the God of all healing and forgiveness draw you to himself, and cleanse you from all your sins that you may behold the glory of his Son, the Word made flesh, Jesus Christ our Lord. **Amen.**

GLORIA IN EXCELSIS (*All Stand*)

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly King, almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God, you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father:

receive our prayer.

For you alone are the Holy One, you alone are the Lord,

you alone are the Most High, Jesus Christ,

with the Holy Spirit, in the glory of God the Father. Amen.

THE COLLECT

Let us say the Collect together:

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. 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. ² 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?' ³ 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?' ⁴ So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' ⁵ 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. ⁶ 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. ⁷ He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

This is the word of the Lord.

Thanks be to God.

Psalm 95

- ¹ O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
- ² Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!
- 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;
the heights of the mountains are his also.
- ⁵ The sea is his, for he made it, and the dry land,
which his hands have formed.
- ⁶ O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
- ⁷ For he is our God, and we are the people of his pasture,
and the sheep of his hand. O that today you would listen to his voice!
- ⁸ Do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,
- ⁹ when your ancestors tested me, and put me to the proof,
though they had seen my work.
- ¹⁰ For forty years I loathed that generation and said,
'They are a people whose hearts go astray,

and they do not regard my ways.’

¹¹ Therefore in my anger I swore, ‘They shall not enter my rest.’

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

Second Reading – Romans 5.1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ² 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. ³ And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ 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.

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us. ⁹ Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. ¹⁰ 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. ¹¹ But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord.

Thanks be to God.

Hymn: Holy Spirit, truth divine

**Holy Spirit, truth divine,
dawn upon this soul of mine:
voice of God, and inward light,
wake my spirit, clear my sight.**

**Holy Spirit, love divine,
glow within this heart of mine:
kindle ev'ry high desire,
purify me with your fire.**

**Holy Spirit, pow'r divine,
fill and nerve this will of mine:
boldly may I always live,
bravely serve and gladly give.**

**Holy Spirit, law divine,
reign within this soul of mine:
be my law, and I shall be
firmly bound, for ever free.**

**Holy Spirit, peace divine,
still this restless heart of mine:
speak to calm this tossing sea,
grant me your tranquillity.**

**Holy Spirit, joy divine,
gladden now this heart of mine:
in the desert ways I sing –
spring, O living water, spring!**

Gospel reading - John 4.5-42

⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. ⁸ (His disciples had gone to the city to buy food.) ⁹ 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.) ¹⁰ 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.’¹¹ The woman said to him, ‘Sir, you have no bucket, and the well is deep. Where do you get that living water?’¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?’¹³ Jesus said to her, ‘Everyone who drinks of this water will be thirsty again,¹⁴ 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.’¹⁵ 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.’

¹⁶ Jesus said to her, ‘Go, call your husband, and come back.’¹⁷ The woman answered him, ‘I have no husband.’ Jesus said to her, ‘You are right in saying, “I have no husband”;¹⁸ for you have had five husbands, and the one you have now is not your husband. What you have said is true!’¹⁹ The woman said to him, ‘Sir, I see that you are a prophet.’²⁰ Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.’²¹ Jesus said to her, ‘Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem.’²² You worship what you do not know; we worship what we know, for salvation is from the Jews.²³ 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.²⁴ God is spirit, and those who worship him must worship in spirit and truth.’²⁵ 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.’²⁶ Jesus said to her, ‘I am he, the one who is speaking to you.’

²⁷ 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?’²⁸ Then the woman left her water-jar and went back to the city. She said to the people,²⁹ ‘Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?’³⁰ They left the city and were on their way to him.

³¹ Meanwhile the disciples were urging him, ‘Rabbi, eat something.’³² But he said to them, ‘I have food to eat that you do not know about.’³³ So the disciples

said to one another, 'Surely no one has brought him something to eat?' ³⁴ Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵ 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. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, "One sows and another reaps." ³⁸ I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' ⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. ⁴¹ And many more believed because of his word. ⁴² 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 word of the Lord.

Thanks be to God.

SERMON

THE NICENE CREED *(All stand)*

**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 from the Holy Spirit and the virgin Mary,
and was made man.**

**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 with 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 INTERCESSION

This response is used:

Lord, we look for you, we long for you: **come fill us with your spirit.**

THE PEACE (*All stand.*)

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, who has given us access to his grace. *(Romans 5: 1-2)*

The peace of the Lord be always with you. **And also with you.**
Let us offer one another a sign of peace.

A time of silent reflection on the Word of God and the Gifts of Christ's Presence:

During the Spiritual Communion, please join the choir in the chant:

Jesu, tawa pano;
Jesu, tawa pano;
Jesu, tawa pano;
tawa pano, mu zita renyu.

Jesus, we are here;
Jesus, we are here;
Jesus, we are here;
Jesus, we are here for you.

ACT OF SPIRITUAL COMMUNION

**In union, O Lord, with the faithful at every altar of your church,
where the Holy Eucharist is now celebrated,
I desire to offer you praise and thanksgiving.
I present to you my soul and body,
with the earnest wish that I may always be united to you.
Since now I cannot receive you sacramentally,
I ask you to come spiritually into my heart.
I unite myself to you, Lord Jesus,
and embrace you with all the affection of my soul.
Let nothing separate me from you,
may I live and die in your life. Amen**

THE LORD'S PRAYER

Believing the promises of God, as our Saviour taught us, so we pray:

**Our Father who art in heaven, hallowed be thy name.
Thy kingdom come. Thy will be done on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power, and the glory,
forever and ever. Amen.**

PRAYER AFTER SPIRITUAL COMMUNION

**Lord Jesus Christ,
you have nourished me in this moment with your presence.
Though I have not received you in bread and wine,
you have fed me with the manna of your Spirit
and refreshed my soul with the living water of your Grace.
Keep me steadfast in faith,
joyful in hope, and fervent in love
until I feast with you in your Kingdom. Amen.**

Hymn: Let your living water flow

**Let your living water flow over my soul.
Let your Holy Spirit come and take control
of ev'ry situation that has troubled my mind.
All my cares and burdens on to you I roll.**

*Jesus, Jesus, Jesus,
Father, Father, Father,
Spirit, Spirit, Spirit.*

**Come now, Holy Spirit, and take control.
Hold me in your loving arms and make me whole.
Wipe away all doubt and fear and take my pride.
Draw me to you love and keep me by your side.**

**Give your life to Jesus, let him fill your soul.
Let him take you in his arms and make you whole.
As you give your life to him, he'll set you free.
You will live and reign with him eternally.**

**Let your living water flow over my soul.
Let your Holy Spirit come and take control
of ev'ry situation that has troubled my mind.
All my cares and burdens on to you I roll.**

NOTICES

ACCLAMATION

To you, O Lord, I lift up my soul;

O my God, in you I trust.

You are the God of my salvation;

To you, O Lord, I lift up my soul.

In you I hope all the day long.

O my God, in you I trust.

Remember, Lord, your compassion and love,
for they are from everlasting.

To you, O Lord, I lift up my soul; O my God, in you I trust.

Closing Hymn: Rock of ages

**Rock of ages, cleft for me,
let me hide myself in thee;
let the water and the blood,
from thy riven side which flowed,
be of sin the double cure:
cleanse me from its guilt and pow'r.**

**Not the labours of my hands
can fulfil thy law's demands;
could my zeal no respite know,
could my tears for ever flow,
all for sin could not atone:
thou must save, and thou alone.**

**Nothing in my hands I bring,
simply to thy cross I cling;
naked, come to thee for dress;
helpless, look to thee for grace;
tainted to the fountain fly;
wash me, Saviour, or I die.**

**While I draw this fleeting breath,
when mine eyelids close in death,
when I soar through tracts unknown,
see thee on thy judgement throne;
Rock of ages, cleft for me,
let me hide myself in thee.**

CLOSING PRAYER AND DISMISSAL

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. **Amen.**

THE BLESSING:

May God the Father, who does not despise the broken spirit,
give to you a contrite heart. **Amen.**

May Christ, who bore our sins in his body on the tree,
heal you by his wounds. **Amen.**

May the Holy Spirit, who leads us into all truth,
speak to you words of pardon and peace. **Amen.**

And the blessing of God almighty, the Father, the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

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