



JOURNEY WITH US FROM ASH WEDNESDAY - HOLY WEEK
18 February - 4 April 2026

- Week 1** – Sunday 22 February - Jesus is tested in the wilderness.
- Week 2** – Sunday 1 March - Jesus Teaches Nicodemus
- Week 3** – **Sunday 8 March - The Samaritan woman**
- Week 4** – Sunday 15 March - Jesus heals a man born blind.
- Week 5** – Sunday 22 March - The Death of Lazarus
- Week 6** – Sunday 29 March *Palm Sunday* - The betrayal, judgement and death of Jesus
- Holy Week: (Monday 30 March to Saturday 4 April)**

Week 3 – Sunday 8 March

HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).

WORSHIP SONG:

Living Water by Shane & Shane

https://www.youtube.com/watch?v=KgmMad5zD0E&list=RDKgmMad5zD0E&start_radio=1

BIBLE READINGS:

First reading	Psalm	Second reading	Gospel
Exodus 17:1-7	Psalm 95	Romans 5:1-11	John 4:5-42

The Samaritan woman

John 4:5-42 New International Version

⁵ So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. ⁷ When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ⁸ (His disciples had gone into the town to buy food.) ⁹ 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.) ¹⁰ Jesus answered her, "If you knew the gift of

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God and who it is that asks you for a drink, you would have asked him and he would have given you living water.”

¹¹ “Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? ¹² 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?” ¹³ Jesus answered, “Everyone who drinks this water will be thirsty again, ¹⁴ 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.” ¹⁵ 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.” ¹⁶ He told her, “Go, call your husband and come back.” ¹⁷ “I have no husband,” she replied. Jesus said to her, “You are right when you say you have no husband. ¹⁸ 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.” ¹⁹ “Sir,” the woman said, “I can see that you are a prophet. ²⁰ Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.” ²¹ “Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ 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. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth.” ²⁵ The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.” ²⁶ Then Jesus declared, “I, the one speaking to you—I am he.”

The Disciples Re-join Jesus

²⁷ 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?” ²⁸ Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹ “Come, see a man who told me everything I ever did. Could this be the Messiah?” ³⁰ They came out of the town and made their way toward him. ³¹ Meanwhile his disciples urged him, “Rabbi, eat something.” ³² But he said to them, “I have food to eat that you know nothing about.” ³³ Then his disciples said to each other, “Could someone have brought him food?”

³⁴ “My food,” said Jesus, “is to do the will of him who sent me and to finish his work. ³⁵ 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. ³⁶ 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. ³⁷ Thus the saying ‘One sows and another reaps’ is true. ³⁸ 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 Samaritans Believe

³⁹ Many of the Samaritans from that town believed in him because of the woman’s testimony, “He told me everything I ever did.” ⁴⁰ So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. ⁴¹ And because of his words many more became believers. ⁴² 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.”

SCRIPTURE REFLECTION:

Written by: REV THABISO MCINGA

In this passage, we meet Jesus at a well in Samaria. He is tired, thirsty, and sitting alone when a woman comes to draw water. What makes this moment powerful is not just the conversation, but the barriers that Jesus crosses. Jews did not associate with Samaritans. Men did not publicly engage women like this. Yet Jesus begins with something simple: “Give me a drink.” He starts with a human need. This reminds us that God often meets us in ordinary places - at wells, at work, in daily routines, not only in temples or churches.

The woman comes for water, but she leaves with something much deeper. Jesus speaks to her about “living water”, i.e. water that satisfies the thirst of the soul. Many of us are busy drawing water from wells that do not truly satisfy success, approval, relationships, possessions. We keep returning, hoping this time it will be enough. But Jesus gently reveals that only he can give the kind of life that fills the deep emptiness within us. What is striking is how Jesus addresses her truthfully yet compassionately. He does not ignore her past, but neither does he shame her. He sees her fully and still chooses to offer her grace. This is important for us. Lent, and indeed the Christian life, is not about pretending we are perfect. It is about allowing Christ to see us as we are, with all our history and brokenness and trusting that his love is greater than our failures.

Another beautiful part of this story is the woman’s response. She leaves her water jar behind and runs back to tell others, “Come and see a man who told me everything I ever did.” An encounter with Christ changes our

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priorities. When we truly meet him, we cannot keep it to ourselves. Our testimony may not be perfect or polished, but it can still lead others to seek him.

And then, the story ends with a community coming to believe. What began as a private conversation at a well becomes a movement of faith in a whole town. This reminds us that no encounter with Jesus is small. When he quenches one person's thirst, the impact can spread further than we imagine. As we reflect on this passage, we might ask ourselves: What wells am I drawing from? Where is Jesus inviting me to deeper truth? And what might I need to leave behind in order to share the living water with others?

GROUP QUESTIONS :

1. What “wells” do I keep returning to in my life, hoping they will satisfy me; yet they never fully do?
2. Is there an area of my life I avoid bringing before God because of shame, fear, or guilt?
3. How do I respond when God gently reveals truth about me? Do I resist, defend, or allow Him to transform me?
4. During this lent, what “water jar” might I need to leave behind: a habit, mindset, relationship, or distraction, in order to follow Christ more freely?

DAILY MEMORY VERSE AND PRAYER

MONDAY, MARCH 09 *Psalm 81; Genesis 24:1–27; 2 John 1:1–13*

Memory Verse: “*I was my father’s delight, rejoicing before him always.*” — Proverbs 8:30

Prayer: Faithful God, guide my steps as You guided Your servant of old. Help me walk in truth, trusting Your direction in every decision.

TUESDAY, MARCH 10 *Psalm 81; Genesis 29:1–14; 1 Corinthians 10:1–4*

Memory Verse: “*For they drank from the spiritual rock that followed them, and the rock was Christ.*” — 1 Corinthians 10:4

Prayer: Lord, You provide for Your people on the journey. Help me recognize Christ as my strength and source each day.

WEDNESDAY, MARCH 11 *Psalm 81; Jeremiah 2:4–13; John 7:14–31, 37–39*

Memory Verse: “*Let anyone who is thirsty come to me and let the one who believes in me drink.*” — John 7:37

Prayer: Living God, forgive me for turning to broken cisterns. Draw me back to You, the true source of living water.

THURSDAY, MARCH 12 *Psalm 23; 1 Samuel 15:10–21; Ephesians 4:25–32*

Memory Verse: “*Speak the truth to our neighbours, for we are members of one another.*” — Ephesians 4:25

Prayer: Shepherd Lord, shape my heart to obey You fully. Teach me to speak truth and live with integrity and grace.

FRIDAY, MARCH 13 *Psalm 23; 1 Samuel 15:22–31; Ephesians 5:1–9*

Memory Verse: “*Surely, to obey is better than sacrifice.*” — 1 Samuel 15:22

Prayer: God of light, help me follow You with willing obedience. May my life reflect Your love, truth, and holiness.

SATURDAY, MARCH 14 *Psalm 23; 1 Samuel 15:32–34; John 1:1–9*

Memory Verse: “*The light shines in the darkness, and the darkness did not overcome it.*” — John 1:5

Prayer: Lord Jesus, You are the light that guides and redeems. Shine through me as I walk confidently under Your care.

FAMILY TIME BY LOLO NTSHIQA

**Week 3 — Sunday 8, March: Water from a Rock
God Provides When We’re Thirsty**

 Scripture: Exodus 17:1-7 ICB

Opening Thought

Have you ever been really thirsty that even a little sip of water feels amazing? Imagine walking through a hot, dry desert with no water at all. That’s how the Israelites felt while traveling in the wilderness. They were scared, tired, and worried about how they would survive.

Sometimes our hearts feel thirsty too, not for water, but for patience, courage, comfort, or hope. Just like God provided water for the Israelites, He wants to fill our hearts with what we need. Today, we’ll see how God provides for His people, even in the driest and hardest times.

Scripture Reading: Exodus 17:1-7 ICB

The whole Israelite community left the Desert of Sin. They travelled from place to place as the Lord commanded. They camped at Rephidim. But there was no water there for the people to drink. 2 So they quarrelled with Moses. They said, “Give us water to drink.” But Moses said to them, “Why do you quarrel with me? Why are you testing the Lord?” But the people were very thirsty for water. So they grumbled against Moses. They said, “Why did you bring us out of Egypt? Was it to kill us, our children and our farm animals with thirst?” So Moses cried to the Lord, “What can I do with these people? They are almost ready to kill me with stones.” The Lord said to Moses, “Go ahead of the people of Israel. And take some of the elders of Israel with you. Carry with you the walking stick that you used to strike the Nile River. Now go! I will stand in front of you on a rock at Mount Sinai. Hit that rock with the stick, and water will come out of it. Then the people can drink.” Moses did these things as the elders of Israel watched. Moses named that place Massah because the Israelites tested the Lord. They asked, “Is the Lord with us or not?” He also named it Meribah because they quarrelled.

Reflecting Together

In this story, the Israelites were walking through the desert, and they ran out of water. They were tired, scared, and frustrated. They even argued and complained to Moses, asking, “Why did you bring us here?” They forgot that God had been taking care of them all along. God showed Moses how to get water from a rock, and everyone had what they needed to drink. This miracle wasn’t only about providing water. God also wanted to show the Israelites that He is able to provide, even when things seem impossible.

Sometimes our lives can feel like a desert too. We get “thirsty” for patience, courage, love, or comfort. Maybe we’re worried about school, feel lonely in our friendships, or feel misunderstood in our families. Just like God provided water for the Israelites, He wants to be the One we go to whenever we need to nourish our hearts and minds. Being renewed from the inside out means trusting God to give us the right things at the right time. It means letting Him help us grow in patience, or whatever else we may be lacking. When we rely on God, even in hard or dry times, He helps us respond with peace instead of fear. God’s provision also teaches us to share what we’ve been given with friends, family, and anyone who might be “thirsty” for encouragement, kindness, or hope.

Discussion Questions for Teenagers (Ages 12–18)

1. The Israelites doubted God when they had no water. Have you ever doubted Him during a difficult time? How did you respond?
2. What “deserts” or challenges in your life do you need God to provide for right now?
3. How does remembering God’s past faithfulness help you trust Him in the present?
4. How can trusting God change the way you deal with stress, arguments, or disappointment?
5. How can you be like Moses—listening to God and helping others experience His provision?

Discussion Questions for Younger Children (Ages 4–11)

1. How do you think the Israelites felt when they had no water?
2. Why do you think they complained instead of trusting God right away?
3. Can you think of a time when God helped you when you were scared or upset?
4. What are some ways we can ask God for help when we need it?
5. How can we share God’s love with others like He provided water for the Israelites?

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Family Activity

Drawing Activity: God Provides in Our Desert Places

Give each family member a piece of paper and colouring supplies-markers, crayons, or coloured pencils. Ask everyone to draw a picture that represents a “*desert*” in their life. For younger children, this could be a literal desert with sand and a rock. For older children or teens, it could be something symbolic, like feeling lonely, stressed, or facing a challenge. Encourage creativity-there’s no right or wrong way to represent a “*desert*.”

Next, invite everyone to add the part of the drawing that represents God’s provision. This could be a stream of water coming from a rock, a light shining in the desert, a comforting hand, or anything that reminds them that God provides for our hearts and lives. Younger children can draw simple symbols like a cup of water or a heart, while teens might use more abstract images to show how God helps them inside.

After the drawings are complete, gather together and share what each person created. Ask questions like, “*What part of your desert do you feel God helping you in?*” or “*How did you show God’s provision in your drawing?*” Finally, hang the drawings somewhere visible in your home as a reminder that God is always with your family, even in “*dry*” or challenging times.

Prayer

Dear God, Thank You for always taking care of us, even when life feels hard. You provide what we need, just like You gave water to the Israelites in the desert. Help us to trust You when we are frustrated or worried and fill our hearts with Your peace, courage, and love. Remind us whenever we are satisfied to share what You have given us with others. God, teach us to remember Your goodness every day, even in small moments, like when we help a friend or say a kind word. Help us see that You are always guiding, providing, and renewing our souls. We ask all of this in Jesus’ name.
Amen.