



08 March 2026
Third Sunday of Lent - A



INTRODUCTION:

Today the Word of God speaks to us about the deeper thirst of the human heart. We thirst for love, for peace, for justice, for meaning and purpose in life. At times, when life feels dry or uncertain, we may find ourselves complaining, doubting, or slowly allowing our hearts to grow hard. Yet, the Lord does not turn away from us. Instead, He offers us living water – the grace that renews, heals and satisfies the deepest longings of our souls. As we begin this Eucharist, let us pause and ask ourselves: Where am I thirsty? Where has my heart grown resistant to God's voice?

READINGS:

First Reading: Exodus 17:3-7
Responsorial Psalm: Ps 95:1-2, 6-7, 8-9
Second Reading: Romans 5:1-2, 5-8
Gospel: John 4:5-42

Prayers of the Faithful

Celebrant: God our Father, you alone can satisfy the deepest thirst of the human heart. Trusting in Your mercy and love, we bring before you, our needs.

Our response is: *Hear our prayer, O Lord*

- For the Shepherds of the Church – that listening attentively to the voice of the Lord, they may lead all people to Christ, the source of living water. We pray to the Lord.
- We entrust the Middle East into Your hands, who are enduring conflict, fear, and uncertainty. believing that nothing is impossible for You. Let Your Spirit of peace soften hardened hearts, guide leaders toward justice, and may Your peace reign where conflict now rages. We pray to the Lord.
- For leaders of nations and communities – that they may listen to the cry of those who thirst for dignity and justice; providing equal opportunities, especially to women and girls, whose voices are often unheard. We pray to the Lord.
- For students preparing for examinations – that the Holy Spirit may grant them clarity of mind, perseverance in effort, and lead them to express to the best of their ability all that they have learned. We pray to the Lord.
- For those weighed down by the burden of sin – that before shame and guilt dries their souls, they may, through the Sacrament of Reconciliation, allow God's abundant mercy and love to flood their lives. We pray to the Lord.
- For each of us being nourished by Word and Sacrament at this Eucharistic celebration – that we may move from encounter to witness, sharing with others the joy we have found in Christ. We pray to the Lord.
- For our personal intentions and for those who have asked for our prayers, we pray in silence (*longer silent pause*). We pray to the Lord.

Celebrant: Father, fountain of life, you have poured your love into our hearts through the Holy Spirit. Hear the prayers we offer and lead us to the fullness of life in Christ, who lives and reigns with You in the unity of the Holy Spirit, God, forever and ever. Amen.