



Living from the Liturgy

A Guide for your Christian Life between Sundays

The Third Sunday in Lent
March 8 – March 14, 2026

Our Lord goes into the land of Samaria, and rests at a well dug by Jacob. There He meets a Samaritan woman. The Samaritan woman rightly notes that Jews usually do not have dealings with Samaritans. But this is exactly the point. Christ has come to Samaria for the same reason that He was born in Bethlehem, to proclaim the kingdom of God to both those who are near, God's chosen people, and those who are far off, that is, the idolatrous nations of the world. In this, He shows His love for us.

AN ORDER FOR DAILY MEDITATION AND PRAYER

Read the Scriptures appointed for the day, review the readings from Sunday, and learn by heart the appointed verse and portion of the Small Catechism. Conclude with the Psalms, the Collect, and the prayers, using the guidelines as you see appropriate.

DAILY READINGS

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|------------------|--------------------------|----------------------------|---------------|
| Sun., March 8 | Psalm 129 | Gen. 27:30-45; 28:10-22 | Mark 9:1-13 |
| Mon., March 9 | Psalm 38:13-15, 21-22 | Gen. 29:1-30 | Mark 9:14-32 |
| Tues., March 10 | Psalm 105:5-11 | Gen. 35:1-29 | Mark 9:33-50 |
| Wed., March 11 | Psalm 31:1-5 | Gen. 37:1-36 | Mark 10:1-12 |
| Thurs., March 12 | Psalm 106:44-48 | Gen. 39:1-23 | Mark 10:13-31 |
| Fri., March 13 | Psalm 49:1-3, 7- 10 | Gen. 40:1-23 | Mark 10:32-52 |
| Sat., March 14 | Psalm 11 | Gen. 41:1-27 | Mark 11:1-19 |

A LOOK BACK TO THE LITURGY – MARCH 8, 2026

Theme: Christ has come for the salvation of both those near and those who have wandered afar.

Hymn: 834, “O God, O Lord of Heaven and Earth”

Summary of Readings:

Exodus 17:1–7: In the wilderness, the Israelites grumble against God and Moses, for they have no water. God gives them water when Moses strikes a stone in the sight of the Elders of Israel.

Romans 5:1–8: St. Paul teaches the Church that, having been freely justified by faith, and having become children of God, God now builds up our character through the sufferings of life.

John 4:5–26: Christ teaches the Samaritan woman about true worship in His Church.

THE CATECHISM

THE LORD’S PRAYER: FOURTH PETITION (PART 1)

(Important! If you have memorized a different translation in confirmation, it is best to pull out your old catechism and refresh your memory from those texts.)

Give us this day our daily bread.

What does this mean? God certainly gives daily bread to everyone without our prayers, even to all evil people, but we pray in this petition that God would lead us to realize this and to receive our daily bread with thanksgiving.

MEMORY VERSE TO LEARN BY HEART:

Psalm 145:15-16: “The eyes of all look to You, and You give them their food in due season. You open Your hand; You satisfy the desire of every living thing.”

PSALM OF THE WEEK: PSALM 121 (ESV)

Meditate on this Psalm every day when you pray, and use it as the starting place for your own prayer:

¹Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! ²Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! ³For the LORD is a great God, and a great King above all gods. ⁴In his hand are the depths of the earth; the heights of the mountains are his also. ⁵The sea is his, for he made it, and his hands formed the dry land. ⁶Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! ⁷For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice, ⁸do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, ⁹when your fathers put me to the test and put me to the proof, though they had seen my work.

LUTHER’S PRAYER ON PSALM 95¹:

Lord Jesus, teach us to profit by the warning examples of others. So govern us that we do not harden our hearts, as did those at Meribah. Incline our hearts to Your Gospel, and enable us by Your good Spirit to receive with meekness the engrafted Word that is able to save the soul. Suffer us not, O Lord, to fall from You, neither in life nor in death. Amen.

COLLECT FOR THE THIRD SUNDAY IN LENT:

O God whose glory it is always to have mercy, be gracious to all who have gone astray from Your ways and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of Your Word; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

¹ Reading the Psalms with Luther, CPH, 2007

DAILY THEMES FOR PRAYER – (From LSB page 294)

Sunday: Pray for the joy of the resurrection among us; for the fruit of faith nourished by the Word and Sacraments.

Monday: Pray for faith to live in the promises of Holy Baptism; for one's calling and daily work; for the unemployed; for the salvation and well-being of our neighbors; for schools, colleges, and seminaries; for good government and for peace.

Tuesday: Pray for deliverance against temptation and evil; for the addicted and despairing, the tortured and oppressed; for those struggling with besetting sins.

Wednesday: Pray for marriage and family, that husbands and wives, parents and children live in ordered harmony according to the Word of God; for parents who must raise children alone; for our communities and neighborhoods.

Thursday: Pray for the Church and her pastors; for teachers, deacons, deaconesses, and other church workers; for missionaries and for all who serve the Church; for fruitful and salutary use of the blessed sacrament of Christ's body and blood.

Friday: Pray for the preaching of the holy cross of our Lord Jesus Christ and for the spread of His knowledge throughout the whole world; for the persecuted and oppressed; for the sick and dying.

Saturday: Pray for faithfulness to the end; for the renewal of those who are withering in the faith or have fallen away; for receptive hearts and minds to God's Word on the Lord's Day; for pastors and people as they prepare to administer and receive Christ's holy gifts.

IN OUR PRAYERS AT CHRIST:

Prayer Family: *The Held Family* and their loved ones

Pippa Marie Adams, the Pedersens' granddaughter, whose hand is recovering from an ice-skating accident

Merina Hansen, whose shoulder was dislocated and fractured

Celia Weidner, as she recovers from a medical procedure

THE LORD'S PRAYER

LUTHER'S MORNING OR EVENING PRAYER

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.