



Pilgrim
LUTHERAN
Church

Divine Service



March 8, 2026
Third Sunday in Lent

Welcome

Opening Hymn

Living Water



1 Gifts of riv - ers, lakes, and tor - rents, tid - al pools, and
2 Liv - ing wa - ter, free - ly giv - en— all, who thirst and
3 How could we re - frain from tell - ing, shout - ing from the



o - cean swells, rains to nur - ture new - born seed - lings,
ask, re - ceive from the Christ who seeks and finds us
moun - tain peaks, sing - ing hope with bold con - vic - tion



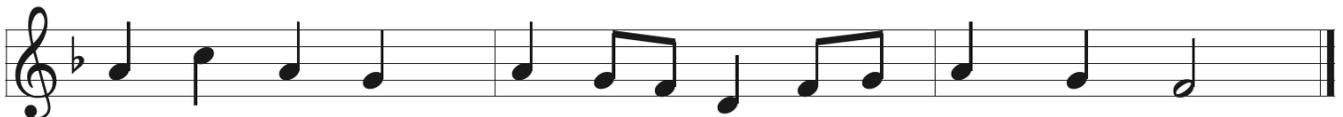
springs to feed the des - ert wells— none com - pare to
near our wells of hope and need. Christ— who knows each
through the by - ways, fields, and streets? We bear wit - ness



liv - ing wa - ter, flow - ing from its
life's be - gin - nings, ev - 'ry mo - ment,
to Christ's mer - cy, blessed and cher - ished



lav - ish Source, ev - er quench - ing
deed, and thought— loves be - yond our
as Christ's own. In the stream of



and re - stor - ing on its end - less, joy - ful course.
un - der - stand - ing, loves be - yond what creeds have taught.
liv - ing wa - ter, all are wel - come, loved, and known!

Confession and Forgiveness

The assembly stands. The sign of the cross may be made by all in remembrance of their Baptism.

In the name of the Father, and of the + Son, and of the Holy Spirit.

Amen.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

Amen.

If we say we have no sin, we deceive ourselves, and the truth is not us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

Silence for reflection and self-examination.

Most merciful God,

We confess that we are in bondage to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen

The minister stands and addresses the congregation.

Almighty God, in his mercy, has given his Son to die for us and, for his sake, forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the + Son, and of the Holy Spirit.

Amen.

The Sign of Peace

The peace of the Lord be with you all.

And also with you.

Songs of Praise

Come Let Us Worship and Bow Down

Come let us worship and bow down

Let us kneel before the Lord

Our God our Maker

Come let us worship and bow down

Let us kneel before the Lord

Our God our Maker



For He is our God
And we are the people of His pasture
And the sheep of His hand
Just the sheep of His hand

Come let us worship and bow down
Let us kneel before the Lord
Our God our Maker
Come let us worship and bow down
Let us kneel before the Lord
Our God our Maker

For He is our God
And we are the people of His pasture
And the sheep of His hand
Just the sheep of His hand

Come let us worship and bow down

Living Waters

Are you thirsty
Are you empty
Come and drink these living waters
Tired and broken
Peace unspoken
Rest beside these living waters

Christ is calling
Find refreshing
At the cross of living waters
Lay your life down
All the old gone
Rise up in these living waters

There's a river that flows
With mercy and love
Bringing joy to the city of our God
There our hope is secure
Do not fear anymore
Praise the Lord of living waters

Spirit moving
Mercy washing
Healing in these living waters
Lead your children
To the shoreline
Life is in these living waters

Are you thirsty
Are you empty
Come and drink these living waters
Love forgiveness
Vast and boundless
Christ He is our living waters

There's a river that flows
With mercy and love
Bringing joy to the city of our God
There our hope is secure
Do not fear anymore
Praise the Lord of living waters

There our hope is secure
Do not fear anymore
Praise the Lord of living waters

Prayer of the Day

The Lord be with you.
And also with you.

Let us pray...
Merciful God, the fountain of living water, you quench our thirst and wash away our sin. Give us this water always. Bring us to drink from the well that flows with the beauty of your truth through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

First Reading

Exodus 17

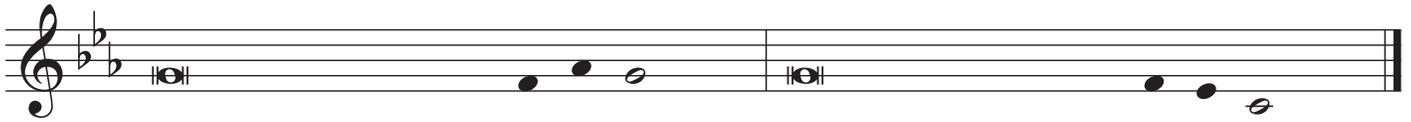
All the congregation of the people of Israel moved on from the wilderness of Sin by stages, according to the commandment of the LORD, and camped at Rephidim, but there was no water for the people to drink. 2 Therefore the people quarreled with Moses and said, "Give us water to drink." And Moses said 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 grumbled against Moses and said, "Why did you bring us up out of Egypt, to kill us and our children and our livestock with thirst?" 4 So Moses cried to the LORD, "What shall I do with this people? They are almost ready to stone me." 5 And the LORD said to Moses, "Pass on before the people, taking with you some of the elders of Israel, and take in your hand the staff with which you struck the Nile, and go. 6 Behold, I will stand before you there on the rock at Horeb, and you shall strike the rock, and water shall come out of it, and the people will drink." And Moses did so, in the sight of the elders of Israel. 7 And he called the name of the place Massah and Meribah, because of the quarreling of the people of Israel, and because they tested the LORD by saying, "Is the LORD among us or not?"

This is the Word of the Lord. **Thanks be to God.**

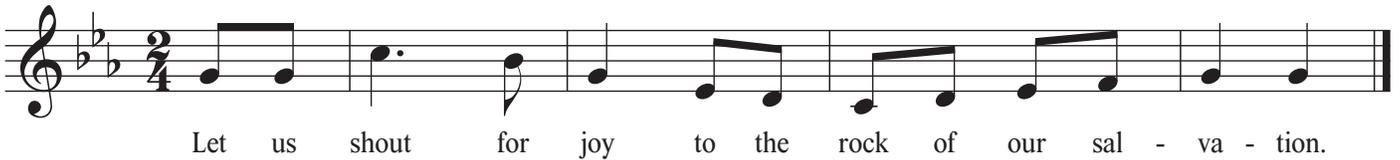
Psalm

Psalm 95

Tone



Refrain



Refrain: Let us shout for joy to the rock of our salvation.

1 Come, let us sing • to the Lord;

let us shout for joy to the rock of • our salvation.

**2 Let us come before God's presence • with thanksgiving
and raise a loud shout to the • Lord with psalms.**

3 For you, Lord, • are a great God,
and a great ruler a- • bove all gods.

**4 In your hand are the caverns • of the earth;
the heights of the hills are • also yours.**

5 The sea is yours, • for you made it,
and your hands have molded • the dry land.

**6 Come, let us worship • and bow down,
let us kneel before the • Lord our maker.**

Refrain: Let us shout for joy to the rock of our salvation.

7 For the Lord is our God, and we are the people of God's pasture and the sheep • of God's hand.

Oh, that today you would • hear God's voice!

**8 "Harden • not your hearts,
as at Meribah, as on that day at Massah • in the desert.**

9 There your ancestors • tested me,
they put me to the test, though they had • seen my works.

**10 Forty years I loathed that gener- • ation, saying,
'The heart of this people goes astray; they do not • know my ways.'**

11 Indeed I swore • in my anger,
'They shall never come • to my rest.'"

**Glory be to the Father and • to the Son
and to the Holy • Spirit;
as it was in the be - • ginning,
is now, and will be forever. • Amen.**

Refrain: Let us shout for joy to the rock of our salvation.

Second Reading

Romans 5

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. 3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

6 For while we were still weak, at the right time Christ died for the ungodly. 7 For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— 8 but God shows his love for us in that while we were still sinners, Christ died for us. 9 Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. 10 For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. 11 More than that, we also rejoice 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.**

Children's Message

Gemma Rodriguez

Gospel Acclamation

Let us shout for joy to the rock of our salvation.

The Holy Gospel according to St. John, the fourth chapter. **Glory to You, O Lord!**

5 So he came to a town of Samaria called Sychar, near the field that Jacob had given to his son Joseph. 6 Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.

7 A woman from Samaria came to draw water. Jesus said to her, "Give me a drink." 8 (For his disciples had gone away into the city to buy food.) 9 The Samaritan woman said to him, "How is it that you, a Jew, ask for a drink from me, a woman of Samaria?" (For Jews have no dealings 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 nothing to draw water with, and the well is deep. Where do you get that living water? 12 Are you greater than

our father Jacob? He gave us the well and drank from it himself, as did his sons and his livestock." 13 Jesus said to her, "Everyone who drinks of this water will be thirsty again, 14 but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." 15 The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water."

16 Jesus said to her, "Go, call your husband, and come here." 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 now have is not your husband. What you have said is true." 19 The woman said to him, "Sir, I perceive that you are a prophet. 20 Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship." 21 Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. 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 worshipers will worship the Father in spirit and truth, for the Father is seeking such people 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 (he who is called Christ). When he comes, he will tell us all things." 26 Jesus said to her, "I who speak to you am he."

27 Just then his disciples came back. They marveled that he was talking with a woman, but no one said, "What do you seek?" or, "Why are you talking with her?" 28 So the woman left her water jar and went away into town and said to the people, 29 "Come, see a man who told me all that I ever did. Can this be the Christ?" 30 They went out of the town and were coming to him.

The Gospel of the Lord. **Praise to you O Christ.**

Sermon

Rev. Lew Upchurch

Confession of Faith

Apostles' Creed

**I believe in God, the Father almighty,
maker of heaven and earth.**

**And in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried.
He descended into hell.
The third day He rose again from the dead.
He ascended into heaven and sits at the right hand of
God the Father Almighty.
From thence He will come to judge
the living and the dead.**

**I believe in the Holy Spirit,
the holy Christian Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body, +
and the life everlasting. Amen**

Prayers of Intercession

Following each prayer petition:

God, in your mercy, **receive our prayer.**

Offering

The Sacrament of the Altar

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed our duty and our joy...evermore praising You and saying:

Holy, holy, holy, Lord, God of power and might, Heaven and earth are full of Your glory, Hosanna in the highest. Blessed + is He who comes in the Name of the Lord, Hosanna in the highest.

We proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Words of Institution

The Lord's Prayer

**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.**

O Lamb of God...

Ways to Commune

Intinction – Pastor places bread in hands. Communicant dips bread in chalice held by Communion Assistant.

Sealed Cups – Gluten-Free in Blue and Alcohol-Free in Pink are available (take to seat, and we will commune together).

Prayer – Approach the communion table with arms crossing your chest.

Communion Song

Come Just as You Are

Come just as you are hear the Spirit call
Come just as you are
Come and see (come and see)
Come receive (come receive)
Come and live (come and live) forever

Life everlasting
And strength for today
Taste the Living Water
And never thirst again

Come just as you are hear the Spirit call
Come just as you are
Come receive (come receive)
Christ the King (Christ the King)
Come and live (come and live) forever

Life everlasting
And strength for today
Taste the Living Water
And never thirst again

Come just as you are hear the Spirit call
Come just as you are
Come

Blessing

Closing Hymn

I Heard the Voice of Jesus Say



1 I heard the voice of Je - sus say, "Come un - to Me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light.



Lay down, thou wea - ry one, lay down Thy head up - on My breast."
The liv - ing wa - ter; thirst - y one, Stoop down and drink and live."
Look un - to Me; thy morn shall rise And all thy day be bright."



I came to Je - sus as I was, So wea - ry, worn, and sad;
I came to Je - sus, and I drank Of that life - giv - ing stream;
I looked to Je - sus, and I found In Him my star, my sun;



I found in Him a rest - ing place, And He has made me glad.
My thirst was quenched, my soul re - vived, And now I live in Him.
And in that light of life I'll walk Till trav - ling days are done.

Announcements

We Bow Down

You are Lord of creation
And Lord of my life
Lord of the land and the sea
You were Lord of the heavens
Before there was time
And Lord of all lords You will be

We bow down
And we worship You Lord
We bow down
And we worship You Lord
We bow down
And we worship You Lord
Lord of all lords You will be

You are King of creation
And King of my life
King of the land and the sea
You were King of the heavens
Before there was time
And King of all kings You will be

We bow down
And we crown You the King
We bow down
And we crown You the King
We bow down
And we crown You the King
King of all kings You will be

We bow down
And we worship You Lord
We bow down
And we worship You Lord
We bow down
And we worship You Lord
Lord of all lords You will be

*Please use the basket in the Narthex to dispose of your used
Holy Communion Cups as you leave the Sanctuary*

Serving at Worship Today

Preaching & Presiding

Rev. Lew Upchurch

Director of Music

Mary Harper

Upcoming Events



Learn more about all upcoming events at pilgrimsm.org/calendar

Pilgrim Giving



Your faithful financial stewardship is as important as ever. We will be creating cards with QR code to access online giving.

Serve at Pilgrim



Interested in serving at Pilgrim? Scan the QR code or go to <https://pilgrims.org/serve-at-divine-service/> to complete an information form. We will contact you when trainings are scheduled for various service opportunities.

Bible App



Scan this QR code to download a Bible app and access scripture, devotionals, and more right from your phone!



Pilgrim
L U T H E R A N
Church

Called by the Holy Spirit,
**we are an intergenerational community of
worship and service**
that invites the people of
Santa Monica and beyond
**to flourish in the love of Jesus Christ
through Word and Sacraments.**

Rev. Lew Upchurch

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