



Pilgrim
LUTHERAN
Church

Lent Mid-Week: Lent 2

March 4, 2026



I AM with You: Moving from Ashes to Resurrection

Welcome

Opening Hymn

Come to Me, All Pilgrims Thirsty



- 1 "Come to me, all pil-grims thirst - y; drink the wa - ter I will give.
- 2 "Come to me, all trav-'lers wea - ry; come that I may give you rest.
- 3 "Come to me, be - liev - ers bur - dened; find re - fresh - ment in this place.
- 4 "Come to me, re - pen - tant sin - ners; leave be - hind your guilt and shame.



If you knew what gift I of - fer, you would come to me and live."
Drink the cup of life I of - fer; at this ta - ble be my guest."
Come, re - ceive the gift I of - fer, turn to me and seek my face."
Come and know di - vine com - pas - sion, turn to me, I call your name."

Refrain



Je - sus, ev - er - flow - ing foun - tain, give us wa - ter from your well.



In the gra - cious gift you of - fer there is joy no tongue can tell.

Invocation

Opening Versicles

P: This is the day which the Lord has made;
C: let us rejoice and be glad in it.

P: From the rising of the sun to its setting,
C: the name of the Lord is to be praised.

P: Return to the Lord, your God, for He is gracious and merciful,
C: slow to anger, and abounding in steadfast love, and repents of evil.

P: Jesus said: If any man would come after Me,
C: let him deny himself and take up his cross and follow Me.

P: Christ was wounded for our transgressions.
C: He was bruised for our iniquities.

P: From the rising of the sun to its setting,
C: the name of the Lord is to be praised.

C: Glory be to the Father and to Son and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The Sign of Peace

The peace of the Lord be with you all.
And also with you.

Psalm 45

Read Responsively

1 As a deer pants for flowing streams,
so pants my soul for you, O God.

**2 My soul thirsts for God,
for the living God.**

When shall I come and appear before God?

3 My tears have been my food
day and night,
while they say to me all the day long,
"Where is your God?"

**4 These things I remember,
as I pour out my soul:**

**how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.**

5 Why are you cast down, O my soul,
and why are you in turmoil within me?

Hope in God; for I shall again praise him,
my salvation

**8 By day the LORD commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.**

Holy Gospel

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.

This is the Gospel of our Lord. **Praise to you, O Christ.**

Responsory

P: We have an advocate with the Father; Jesus Christ, the Righteous One.

C: He was delivered up to death; He was delivered for the sins of the people.

P: Blessed is the one whose transgression is forgiven, whose sin is covered.

C: He was delivered up to death; He was delivered for the sins of the people.

P: We have an advocate with the Father; Jesus Christ, the Righteous One.

C: He was delivered up to death; He was delivered for the sins of the people.

Message

Rev. Lew Upchurch

I AM Living Water

Prayer

P: In peace let us pray to the Lord:

C: Lord, have mercy.

P: For the gift of divine peace and of pardon, with all our heart and with all our mind, let us pray to the Lord:

C: Lord, have mercy.

P: For the Holy Christian Church, here and scattered throughout the world, and for the proclamation of the Gospel and the calling of all to faith, let us pray to the Lord:

C: Lord, have mercy.

P: For this nation, for our cities and communities, and for the common welfare of us all, let us pray to the Lord:

C: Lord, have mercy.

P: For seasonable weather and for the fruitfulness of the earth, let us pray to the Lord:

C: Lord, have mercy.

P: For those who labor, for those whose work is difficult or dangerous, and for all who travel, let us pray to the Lord:

C: Lord, have mercy.

P: For all those in need, for the hungry and homeless, for the widowed and orphaned, and for all those in prison, let us pray to the Lord:

C: Lord, have mercy.

P: For the sick and dying and for all those who care for them, let us pray to the Lord:

C: Lord, have mercy.

P: Finally, for these and for all our needs of body and soul, let us pray to the Lord:

C: Lord, have mercy. Christ have mercy. Lord, have mercy.

Evening Prayer

C: I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. 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.

Blessing

P: Let us bless the Lord

C: Thanks be to God.

P: The almighty and merciful Lord, the Father, the Son, and the Holy Spirit, bless and preserve you.

C: Amen

Closing Hymn

As the Deer Runs to the River

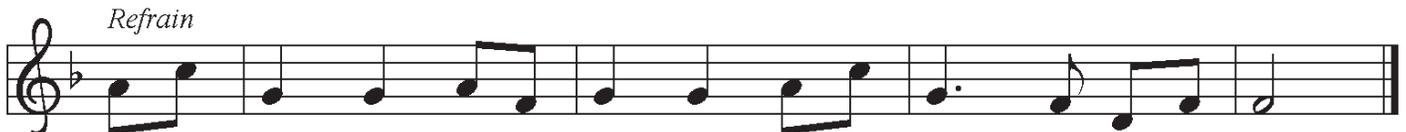


- 1 As the deer runs to the riv - er, parched and wea - ry from the chase,
- 2 When your Is - rael crossed the des - ert where no stream or spring was seen,
- 3 "Come and drink," I - sa - iah sum-moned, "all who for God's mer - cy plead!
- 4 Christ, we come from des - ert plac - es, deep - est thirst un - sat - is - fied.



we have come from hurt and hur - ry, thirst - ing for your heal - ing grace.
Mo - ses struck the rock, and wa - ter flowed for them, re - fresh - ing, clean.
God's for - give - ness, like a foun-tain, flows to sat - is - fy your need."
Lead us to the wa - ters flow - ing from the cross on which you died.

Refrain



Je - sus, source of liv - ing wa - ter, may we drink of you and live!

Serving at Worship Today

Preaching & Presiding

Rev. Lew Upchurch

Director of Music

Mary Harper

Upcoming Events



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

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Pilgrim
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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.**

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