

Sermon Notes – March 8, 2026 – Third Sunday in Lent

Quarreling With Moses In times of great anxiety and danger, God provides life-giving water.

In other words: During difficult journeys, God provides sustenance.

Sanctifying Question

Whose hands might you need to help hold up now?

Prayer Practice

Pray for sustenance for a community experiencing great anxiety and fear.

Lectionary Readings

- Old Testament – Exodus 17:1-7
- Psalm – Psalm 95
- Epistle – Romans 5:1-11
- Gospel – John 4:5-42

Exodus 17:1-7 (NLT)

At the Lord's command, the whole community of Israel set out from Elim and journeyed into the wilderness of Sin, between Elim and Mount Sinai. They arrived there on the fifteenth day of the second month, one month after leaving the land of Egypt. There, too, the whole community of Israel complained about Moses and Aaron.

"If only the Lord had killed us back in Egypt," they moaned. "There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death."

Then the Lord said to Moses, "Look, I'm going to rain down food from heaven for you. Each day the people can go out and pick up as much food as the need for that day. I will test them in this to see whether or not they follow my instructions. On the sixth day they will gather food, and when they prepare it, there will be twice as much as usual."

So Moses and Aaron said to all the people of Israel, "By evening you will realize it was the Lord who brought you out of the land of Egypt. In the morning you will see the glory of the Lord, because he has heard your complaints, which are against him, not against us. What have we done that you should complain about us?"