

Listening for the Promise

WEEKLY DEVOTIONAL

Third Sunday in Lent - March 8, 2026

“²⁸So 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?” ³⁰They went out of the town and were coming to him. ³⁹Many Samaritans from that town believed in him because of the woman’s testimony”

- John 4:28-30, 39a -

God has blessed my husband and me with three kids. Each of my deliveries had to be via Caesarean section, so when the time came to deliver my third child, I knew fairly well what to expect. I knew I would have to stop eating and drinking. The thing is, I had been in the hospital for ten days on bed rest because our daughter tried to make her debut earlier than was considered safe. Once I made the mark of 36 weeks, Antonia could arrive with fewer risks than if she tried to come at 34 weeks. I was 36 weeks, and I had leftovers from Olive Garden in the hospital fridge. I could tell I was beginning to go into active labor, but by golly, I wanted my leftovers because I was very pregnant and hungry, and I knew I wouldn’t be eating for a while once I was prepped for surgery.

So, I scarfed down my food quickly and then let my nurse know of my current condition. Sure enough, she asked when I last had anything to eat or drink, and then she instructed me not to eat or drink anything else. I felt satisfied that I beat the system this time around... well, almost. I was so excited about eating my food, I forgot to gulp down my cold Diet Coke. And suddenly, it dawned on me. I was thirsty! It would be about four hours before I could even have ice chips. What I would have given for a drink of lukewarm water at this point!

The woman at the well didn’t realize how thirsty she was—thirsty for Jesus’ salvation and forgiveness. The other Samaritans from that village didn’t realize their spiritual thirst either. That is, until they came and listened to Jesus. Jesus stayed with them for two days, teaching them about his Father. Samaritans, including the woman, believed Jesus to be the Messiah once they recognized their spiritual thirst. And as they came to believe in Christ, their thirst was quenched.

Sometimes we forget just how much Jesus Christ, the Living Water, quenches our spiritual thirst. Maybe we read a devotion, hear a sermon, or sing a particular hymn, and then through those means, we recognize we’re thirsty once again. We hear the words of promise, forgiveness, salvation, and our thirst is quenched through Jesus Christ. Come and see! Thirst no more!