



WHERE LIFE & PURPOSE CONNECT

Grow, Pray, Study for the Week of March 22, 2026

Prayer for the Week

Loving God, help me to hear your Word today with honesty and humility. Reveal to me the places where I am thirsty and draw me closer to your living water. Awaken in me a deeper awareness of your presence and shape my heart with compassion for those around me. As I listen and reflect, form me more into the likeness of Christ. Amen.

Monday, March 23

Scripture: John 19:28–29

After this, knowing that everything was already completed, in order to fulfill the scripture, Jesus said, “I am thirsty.” A jar full of sour wine was nearby, so the soldiers soaked a sponge in it, placed it on a hyssop branch, and held it up to his lips.

Observation

In John’s Gospel, Jesus’ words “I am thirsty” come near the very end of the crucifixion. John is unique in that he often highlights the deeper meaning behind Jesus’ actions, showing not just what happened, but why it matters. Here, John notes that Jesus speaks “so that Scripture would be fulfilled,” pointing back to the suffering psalms. Unlike the Synoptic Gospels (Matthew, Mark and Luke), which emphasize the physical suffering and abandonment Jesus experiences, John presents Jesus as fully aware and in control, even in death. Yet in this moment, John also makes clear that Jesus is truly human. Crucifixion was designed to cause extreme dehydration; thirst would have been overwhelming. These words remind us that the Word made flesh fully enters into human vulnerability.

Application

Jesus does not avoid human need, he names it. We often try to ignore or hide our own “thirsts” -- our needs, our pain, our longing. Today, consider where you feel depleted, physically, emotionally, or spiritually. Instead of dismissing it, bring it honestly before God. And as you do, notice those around you who may also be “thirsty” in their own way. How might you respond with compassion?

Prayer

Jesus, you know what it means to thirst. Help me to be honest about my own needs and attentive to the needs of others. Amen.

Tuesday, March 24

Scripture: Psalm 69:19-21, 30-36

You know full well the insults I've received;
you know my shame and my disgrace.
All my adversaries are right there in front of you.
Insults have broken my heart.
I'm sick about it.
I hoped for sympathy,
but there wasn't any;
I hoped for comforters,
but couldn't find any.
They gave me poison for food.
To quench my thirst they gave me vinegar to drink.

I will praise God's name with song;
I will magnify him with thanks
because that is more pleasing to the Lord than an ox,
more pleasing than a young bull with full horns and hooves.
Let the afflicted see it and be glad!
You who seek God—
let your hearts beat strong again
because the Lord listens to the needy
and doesn't despise his captives.
Let heaven and earth praise God,
the oceans too, and all that moves within them!
God will most certainly save Zion
and will rebuild Judah's cities
so that God's servants can live there and possess it.
The offspring of God's servants will inherit Zion,
and those who love God's name will dwell there.

Observation

Psalm 69 is a lament, expressing deep suffering and abandonment. "For my thirst they gave me vinegar to drink" reflects the experience of one who is mocked and mistreated. John uniquely connects this psalm to Jesus' crucifixion, showing that his suffering fulfills Scripture. While the other Gospels include similar actions (offering sour wine), John explicitly ties it to prophecy, reinforcing that Jesus' suffering is part of God's redemptive plan.

Application

There are times when our needs are not met with care, but with indifference, or even hurt. When have you experienced that? Lent invites us to bring those wounds to God. At the same time, it calls us to be different, to respond to others not with dismissal, but with kindness. Today, choose to meet someone's need with compassion instead of convenience.

Prayer

God of compassion, when I feel unseen or uncared for, remind me you are near. Help me to respond to others with kindness. Amen.

Wednesday, March 25

Scripture: Isaiah 55:1–2a

All of you who are thirsty, come to the water!
Whoever has no money, come, buy food and eat!
Without money, at no cost, buy wine and milk!
Why spend money for what isn't food,
and your earnings for what doesn't satisfy?
Listen carefully to me and eat what is good;
enjoy the richest of feasts.

Observation

Isaiah offers a powerful invitation: "All of you who are thirsty, come to the water!" This prophetic vision speaks to people in exile, longing for restoration. Unlike physical thirst, this is a deeper spiritual hunger, a longing for meaning, belonging, and life with God. John's Gospel often builds on these Old Testament themes, presenting Jesus as the one who fulfills them. Where Isaiah invites the thirsty to come, John shows us that Jesus himself becomes the source of living water.

Application

We often try to satisfy our thirst with things that don't truly fill us, busyness, distractions, achievements, wealth. Take a moment today to reflect: What are you chasing that doesn't satisfy? What would it look like to turn instead toward God? Create space through prayer, silence, or Scripture, to "come to the water."

Prayer

Living God, draw me back to you when I seek satisfaction elsewhere. Fill my soul with what truly gives life. Amen.

Thursday, March 26

Scripture: John 4:1–14

Jesus learned that the Pharisees had heard that he was making more disciples and baptizing more than John (although Jesus' disciples were baptizing, not Jesus himself). Therefore, he left Judea and went back to Galilee.

Jesus had to go through Samaria. He came to a Samaritan city called Sychar, which was near the land Jacob had given to his son Joseph. Jacob's well was there. Jesus was tired from his journey, so he sat down at the well. It was about noon.

A Samaritan woman came to the well to draw water. Jesus said to her, "Give me some water to drink." His disciples had gone into the city to buy him some food.

The Samaritan woman asked, "Why do you, a Jewish man, ask for something to drink from me, a Samaritan woman?" (Jews and Samaritans didn't associate with each other.) Jesus responded, "If you recognized God's gift and who is saying to you, 'Give me some water to drink,' you would be asking him and he would give you living water." The woman said to him, "Sir, you don't have a bucket and the well is deep. Where would you get this living water? You aren't greater than our father Jacob, are you? He gave this well to us, and he drank from it himself, as did his sons and his livestock." Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks from the water that I will give will never be thirsty again. The water that I give will become in those who drink it a spring of water that bubbles up into eternal life."

Observation

In John's Gospel, Jesus' conversation with the Samaritan woman centers on thirst. John uses this moment symbolically; physical thirst becomes a doorway to spiritual truth. Jesus speaks of "living water," something that satisfies beyond temporary relief. This story also breaks social boundaries: Jews and Samaritans did not associate, and men did not typically speak publicly with women. Yet Jesus meets her in her need, offering dignity and grace.

Application

Jesus meets us right where they are, even in places of isolation or shame. Where do you feel unseen or overlooked? Jesus meets you there. And just as he crossed boundaries to offer living water, we are called to do the same. Who in your life might need to be seen, heard, and valued today?

Prayer

Jesus, you meet me in my need and offer living water. Help me to share that same grace with others. Amen.

Friday, March 27

Scripture: Psalm 42:1-2

Just like a deer that craves streams of water,
my whole being craves you, God.
My whole being thirsts for God, for the living God.
When will I come and see God's face?

Observation

"As a deer longs for flowing streams, so my soul longs for you, God." This psalm expresses a deep spiritual thirst, not for water, but for God's presence. While the Synoptic Gospels often emphasize external events, John frequently points inward, toward the heart and spirit. This longing connects with Jesus' own thirst on the cross, revealing that both physical and spiritual needs matter to God.

Application

What does your soul long for right now? Peace? Rest? Purpose? God invites you to bring that longing honestly. Instead of numbing or ignoring it, let your thirst lead you closer to God. Spend time today in quiet reflection, naming your deepest desires before God.

Prayer

For prayer today, listen to this arrangement of *As the Deer*:

<https://tinyurl.com/GPSAsTheDeer>.

Saturday, March 28

Scripture: Philippians 2:6–11

Though he was in the form of God,
 he did not consider being equal with God something to exploit.
But he emptied himself
 by taking the form of a slave
 and by becoming like human beings.
When he found himself in the form of a human,
 he humbled himself by becoming obedient to the point of death,
 even death on a cross.
Therefore, God highly honored him
 and gave him a name above all names,
so that at the name of Jesus everyone
 in heaven, on earth, and under the earth might bow
 and every tongue confess
 that Jesus Christ is Lord, to the glory of God the Father.

Observation

This passage describes Jesus “emptying himself” and taking on human form. John’s Gospel echoes this idea in a different way, emphasizing that “the Word became flesh.” At the cross, Jesus’ thirst is part of that self-emptying. He fully enters into human weakness and suffering. John presents even this moment as purposeful and revealing God’s glory.

Application

Jesus’ willingness to enter into human need invites us to do the same for others. Where can you practice self-giving love this week? It might be through listening, serving, or simply being present. Lent calls us to move outward toward a thirsty world with compassion shaped by Christ.

Prayer

Humble Savior, teach me to follow your example of self-giving love. Help me to serve others with compassion and grace. Amen.