

March 8, 2026

Companion on the Journey

Exodus 17:1–7; John 4:5–15

“I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink.” Exodus 17:6

“Jesus answered...whoever drinks the water I give them will never thirst.” John 4:14

The Lenten journey today leads us to two wells—one in the wilderness of Rephidim and the other in the dusty town of Sychar. In both locations, we encounter a God who walks with His people in their thirst. Both stories take place in dry places. Both involve weary travelers. Both reveal a God who does not wait for people to come to Him but comes to them in their need. The message today is clear and uplifting: God is not only the one who leads us; He is also the one who meets us, listens to us, and sustains us on our journey.

First, God meets us in the places we don’t want to be. Israel arrives at Rephidim as the Lord commanded—and finds no water. The Samaritan woman arrives at the well at noon—hiding from her community, burdened with shame. Neither place feels sacred. Neither moment feels hopeful. But these are the very places where God shows up.

God does not wait for us to get to the “right place.” He meets us in the dry places, the lonely places, the unexpected places. The wilderness and the well are not signs of abandonment; they are invitations to encounter Him.

Second, God listens to our thirst—even when it sounds like a complaint. Israel’s thirst comes out as frustration: “Why did you bring us out here to die?” The woman’s thirst comes out as guarded conversation: “Sir, you have nothing to draw with.” Neither sounds like faith. But God receives both.

God is not offended by honest cries. He is not threatened by our questions. He hears the need beneath the words—the longing beneath the complaint, the ache beneath the confusion. Your thirst does not push God away; it draws Him near.

Third, God provides water that sustains the journey. At Rephidim, God tells Moses to strike the rock, and water flows from an unlikely source. At the well, Jesus offers “living water”—a spring that never runs out.

God provides what we need, when we need it, often from unexpected sources. He brings water from a rock, grace from a stranger, strength for the weary, peace for the anxious, and hope for the discouraged ones. Jesus doesn’t just offer relief; He grants renewal. He provides not just water for today, but a spring for tomorrow.

Fourth, God turns dry places into testimonies; Rephidim becomes a reminder of God’s faithfulness in Israel’s doubt. The well becomes the place where a woman’s story is rewritten. She runs back to town saying, “Come see a man who told me everything I ever did.”

The place of shame becomes the place of witness. The place of thirst becomes the place of transformation. The place of doubt becomes the place of revelation. God does not waste wildernesses or wells. He turns dry places into deep testimonies of His grace.

Maybe today you feel like Israel—tired, frustrated, wondering if God is with you. Maybe you feel like the Samaritan woman—carrying shame, hiding your story, thirsty for something more. So, hear this today: God is your Companion on the journey. He meets you where you are. He listens to your honest thirst. He provides water that sustains! And He turns your dry places into testimonies.

If you're thirsty today—thirsty for peace, hope, forgiveness, or direction—Jesus says, “If you knew the gift of God... you would ask, and He would give you living water.” So go ahead and ask Him. Come to Him. Drink deeply from the water only He can provide. Bring your thirst to God—He already knows it.

Whether it sounds like prayer or complaint, He listens. Look for God in the places you least expect Him. Wells and wildernesses are often where He shows up. Receive the living water Christ offers. Not just relief, but renewal. Not just survival, but transformation. Let your story become someone else’s invitation. The Samaritan woman’s journey becomes a doorway for her whole community.

Lord, meet us in our dry places. Hear our honest cries. Give us the living water that only You can give, water that becomes a spring of life within us. Walk with us on this journey and turn our wildernesses into testimonies of Your grace. Amen.