

ICEBREAKER

Doug shared a vivid story about a backpacking trip in the Mt. Jefferson Wilderness where he and two friends ran out of water while hiking through a wildfire-burned area—6 miles of dusty, shadeless terrain with soft sand that made every step harder.

- **Have you ever experienced a moment of genuine, desperate physical thirst? What was that like, and what did you do when you finally found water?**

INTRO

We are beginning a new series called "Reach" and diving into what it means to experience "All of Jesus." Doug and Adela took us on a journey through the story of the Samaritan woman at the well—a story about recognizing our deepest thirst and discovering that Jesus is the Living Water that quenches it.

IDEA 1: KNOWING OUR THIRST

Doug explained that the Samaritan woman came to the well at midday—the hottest part of the day—because she was rejected by her community. She had suffered five divorces and was living with a man who wouldn't commit to her. Jesus met her there and helped her recognize a thirst far deeper than physical water.

- **What is one area of your life right now where you feel spiritually "thirsty"—where you sense a deep need that temporary things can't satisfy?**
- **We often mask our deep spiritual thirst with temporary things: alcohol, sexual pleasure, shopping, Netflix binging, grand adventures, or comfort. Which of these (or others) do you find yourself turning to when you feel empty or in pain?**
- **Jesus asked the woman good questions and truly listened to her. When was the last time someone listened to you without judgment? How did that change something in you?**

IDEA 2: KNOWING OUR WELL (THE SUPREMACY OF JESUS)

Adela shared in Swahili about the power and authority of Jesus, identifying Him by four essential titles and emphasizing that His name has greater power than all other names.

Translation of Adela's Four Titles for Jesus:

- Mwokozi = Savior
- Mtakasaji = Sanctifier (the One who makes us holy)
- Mganga = Healer
- Mfalme ajaye = Coming King

Which of these four aspects of Jesus do you feel you need to experience most right now in your life? Why?

EXPERIENCING GOD TOGETHER

Setup (30 seconds): "Jesus told the woman that the water He gives becomes a spring of water welling up to eternal life. Let's take a moment to move from our 'desert' to His 'spring,' and then to the overflow."

Step 1: Acknowledge the Dust (2 mins):

"Close your eyes. Imagine you are on that dusty, shade-less trail Doug described—the wildfire-burned area with soft sand. Feel the heat. Feel the dryness in your mouth. Feel the weight of each step." (Pause for 10 seconds)

*"Now ask the Holy Spirit: '**What is the true thirst of my soul right now?**' Don't try to fix it. Just name it silently to God. Maybe it's thirst for belonging, for peace, for healing, for purpose, for love. Just name it."*

Step 2: Receive the Living Water (2 mins):

"Now imagine Jesus standing before you at the well. He knows everything about you—your pain, your failures, your loneliness—and He is not condemning you. He is offering you a cup of cold, life-giving water."

"In your mind, see yourself taking it. As you 'drink,' pray: 'Jesus, You are my Savior, my Sanctifier, my Healer, and my Coming King. Fill the dry places in me. Be the answer to everything I need.'"

Step 3: The Overflow (1 minute):

"The woman couldn't contain her joy. She ran to tell others. As you sit here, filled with this Living Water, ask: 'Who in my life is hiking a dry trail right now? How can I share Your living water with them this week?'"

Give space for anyone after to share their experience with the group.

PRACTICE FOR THIS WEEK

Adela shared four ways to intentionally drink from the well and get to know Jesus better. Read through these four ways below and discuss what it looks like for you to put one of these into practice this coming week.

1. The Prayer of Repentance

Spend 10 minutes this week in repentance—coming close to God with humility. Ask the Holy Spirit to show you where you have turned to "broken cisterns" (temporary things) instead of Jesus. Receive His loving forgiveness. Adela shared that in her own life, God has often shown her His great love through correction and teaching during times of repentance.

2. Prayer and Fasting

Choose one meal or one day this week to fast. Use that time to pray specifically for the "thirst" you identified during group time. Adela shared a powerful testimony: during a three-day fast with her community, the Holy Spirit came with new power, healing for the sick, and new peace. Jesus Himself fasted for 40 days in the wilderness (Luke 4:1-2) to prepare for His ministry. Your fast is an act of surrender that opens you to encounter God's power.

3. Read Your Bible

Read John 4:1-26 three times this week. Each time, put yourself in the shoes of the woman at the well. What is Jesus saying to you specifically through His questions? What does He know about you? What Living Water is He offering you?

4. Share Jesus with Others

The Samaritan woman left her water jug and ran to tell the village. Identify one person this week and simply tell them one way Jesus has been "Living Water" for you lately. Don't overcomplicate it—just share your story of how good Jesus is.