

# **Bible Study Guide: The Well – From Thirst to Transformation**

 Source Transcript:

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## **Big Idea**

**Jesus meets us in our ordinary, broken places and offers something deeper than what we seek—living water that transforms our identity, removes shame, and sends us with purpose.**

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## **Theme**

**We all come to the well thirsty—but Jesus invites us to move from seeking temporary satisfaction to receiving eternal life and sharing it with others.**

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## **Core Scriptures**

**John 4:1–30**

Jesus and the Samaritan woman at the well

**John 4:13–14**

“Whoever drinks the water I give them will never thirst.”

## **John 14:27**

“My peace I give you... not as the world gives.”

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### **Introduction: Meeting Jesus in the Ordinary**

The woman at the well:

- Was living in shame
- Was isolated from others
- Was searching for something more

Yet:

#### **Key Insight:**

“Jesus meets you in your everyday routine and asks—  
what are you really thirsty for?”

#### **The Setting Matters**

- She comes at noon (not the normal time)
- She is avoiding people
- She is carrying emotional and relational baggage

#### **The Truth**

Jesus shows up:

- Not in a temple
- Not in a crowd

- But in an ordinary moment
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## **Main Point 1: Jesus Meets Us in Our Brokenness**

### **Explanation**

The woman:

- Is rejected by her community
- Lives in shame
- Is isolated

Yet Jesus:

- Approaches her
- Speaks to her
- Engages her personally

“Jesus was never afraid to cross barriers.”

### **Spiritual Truth**

Jesus:

- Seeks the broken
- Crosses cultural and social lines
- Meets us where we are

### **Application**

- Where do I feel broken or isolated?

- Do I believe Jesus meets me there?

### **Sticky Quote:**

“Jesus meets you in the places others avoid.”

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## **Main Point 2: We Often Seek Physical Fixes for Spiritual Needs**

### **Explanation**

The woman comes:

- To draw physical water

But Jesus offers:

- Living water

“We get our fixes through the physical world.”

### **Spiritual Truth**

We often try to satisfy:

- Emotional pain
- Spiritual emptiness

With:

- Relationships
- Success

- Comfort

## **Application**

- What “wells” am I going to for satisfaction?
- Are they temporary or eternal?

## **Sticky Quote:**

“Temporary fixes cannot satisfy eternal thirst.”

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## **Main Point 3: Jesus Offers Something Greater**

### **Explanation**

Jesus says:

- He gives water that never runs dry

“If you knew who you were talking to...”

### **Spiritual Truth**

Jesus offers:

- Peace beyond circumstances
- Relationship beyond religion
- Life beyond the temporary

### **Application**

- Do I recognize what Jesus is offering?

- Am I asking for the right things?

### **Sticky Quote:**

“Jesus offers what the world cannot give.”

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## **Main Point 4: Shame Keeps Us Isolated—Jesus Calls Us Into Relationship**

### **Explanation**

The woman:

- Avoids others
- Lives in isolation

“She thought isolation would protect her.”

### **Spiritual Truth**

Shame:

- Drives us into hiding
- Keeps us from healing

Jesus:

- Brings us into relationship

### **Application**

- Where am I isolating myself?

- What shame am I carrying?

### **Sticky Quote:**

“Isolation protects pain—relationship heals it.”

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## **Main Point 5: Jesus Knows Your Story—and Still Pursues You**

### **Explanation**

Jesus:

- Reveals her past
- Knows everything about her

Yet:

- Still offers her life

“He knew her story—and it didn’t stop Him.”

### **Spiritual Truth**

Nothing about you:

- Surprises God
- Disqualifies you

### **Application**

- Do I believe Jesus knows me fully?

- Am I afraid of being seen?

### **Sticky Quote:**

“You are fully known—and still fully loved.”

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## **Main Point 6: Transformation Happens Through Encounter**

### **Explanation**

The woman:

- Starts confused
- Ends transformed

“One encounter changed her life.”

### **Spiritual Truth**

A real encounter with Jesus:

- Changes identity
- Changes direction
- Changes purpose

### **Application**

- Have I truly encountered Jesus?
- What has changed in my life?

## **Sticky Quote:**

“One encounter with Jesus changes everything.”

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## **Main Point 7: Transformation Breaks Shame**

### **Explanation**

The woman:

- Returns to the same people
- Faces the same community

But:

- She is no longer defined by shame

“She walked out of her shame.”

### **Spiritual Truth**

The gospel:

- Lifts us out of shame
- Restores dignity
- Brings freedom

### **Application**

- What shame do I need to release?
- How is God redefining me?

**Sticky Quote:**

“Jesus doesn’t just forgive—He restores.”

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**Main Point 8: Encounter Leads to Witness****Explanation**

She runs back and says:

- “Come see a man...”

“Be the reason someone runs.”

**Spiritual Truth**

When we encounter Jesus:

- We cannot stay silent
- We are compelled to share

**Application**

- Who can I share my story with?
- Am I holding back?

**Sticky Quote:**

“You cannot experience living water and stay silent.”

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## **Main Point 9: Jesus Uses Ordinary People for Extraordinary Impact**

### **Explanation**

The woman:

- Was not respected
- Was not qualified
- Was not perfect

Yet:

- She becomes a witness

“God uses broken people.”

### **Spiritual Truth**

God doesn't require:

- Perfection
- Status

He uses:

- Willingness

### **Application**

- What is holding me back from being used?
- Am I waiting to be “ready”?

## **Sticky Quote:**

“God uses availability—not perfection.”

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## **Main Point 10: You Are Either Receiving or Giving Living Water**

### **Explanation**

At the well:

- Some come to receive
- Some are ready to give

“You’re either thirsty—or offering living water.”

### **Spiritual Truth**

We are called to:

- Receive from Jesus
- Then pour into others

### **Application**

- Where am I right now—receiving or giving?
- How can I be used this week?

## **Sticky Quote:**

“Receive deeply—give freely.”

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## **Discussion Questions**

1. What are you truly thirsty for in your life right now?
  2. Where have you been seeking temporary satisfaction?
  3. What shame or isolation are you carrying?
  4. How has Jesus transformed your life?
  5. Who needs to hear your story?
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## **Practical Application Steps**

### **1. Spend Time with Jesus Daily**

- Create space for personal encounter

### **2. Identify Your “Wells”**

- Replace temporary fixes with Christ

### **3. Release Shame**

- Accept forgiveness and restoration

### **4. Share Your Story**

- Tell someone what Jesus has done

### **5. Be Available**

- Let God use you in everyday moments

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## **Closing Prayer**

Father,

Thank You for meeting us in our brokenness.

Help us to see what we are truly thirsty for  
and to receive the living water only You can give.

Free us from shame,  
restore our identity,  
and give us the courage to share Your love with others.

Use us to bring life to those around us.

In Jesus' name, Amen.