



# "Dodging Distractions"

## HOPE GROUP STUDY - Week of March 3, 2024

Let's review this week's message, "Too Tired to Dodge"

### 1 Let's Talk & Pray

Ask everyone to share the following:

How do you recognize when you are excessively tired? Who else in your life recognizes it in you also? After everyone has shared, pray your time together.

### 2 Let's Read the Word

John 4:1-26

Isaiah 40:28-31

### 3 Let's Review the Main Idea

Many people say, 'I am tired...' 'I need a break...' 'I am soooooo busy...' So let's ask ourselves today - How are you doing? One of the most precious things about Jesus... He knows exactly how we are doing and how we are feeling, and He relates to where we are. Today we will talk about a woman who met Jesus right in the middle of her weariness of soul and spirit: Here's this week's points:

- REMOVE your weights
- RENEW while you wait
- REGROUP at the well

### 4 Let's Think

- John 4:4 says Jesus had to pass through Samaria...He didn't dodge the place most would avoid. Why would Jews avoid Samaria?
- What kinds of problems or situations in life do people seem to avoid?
- Why does avoiding these things make us more tired?

### 5 Let's Share

- Do you think the woman at the well realized she was tired? What kind of tired?
- Why do you think Jesus was tired?
- How does knowing Jesus was tired when He met the woman at the well encourage you today?
- What in life is making you tired? How have you tried to get through it?

### 6 Let's Grow

- What in life have you been relying on to fill you and make you whole? Why do we try to dodge what Jesus wants for us?
- While Jesus sat at the well, the Samaritan woman recognized who Jesus was. What does Jesus want you to recognize today about Him?
- Jesus is coming all this way to meet with you. What do you think Jesus would want to say to you?

### 7 Let's Pray

Take a few moments to share prayer requests and pray for them and each other.

#### Events coming up this week at Hope:

- Hope Sisterhood, Tuesday, March 5th, 6:30pm
- Night of Worship, Wednesday, March 6th, 7pm
- Men's Breakfast, Saturday, March 9th, 8:30am
- Daylight Savings, Sunday, March 10th - clocks go forward 1 hour!!