



If you met Jesus

Real stories. Honest Questions.



IF YOU MET JESUS, PART 4: WOMAN AT THE WELL: JESUS WENT OUT OF HIS WAY FOR YOU

She came to the well hiding from everyone—she left running toward everyone. What happens when Jesus meets someone drowning in regret and shame and offers her a second chance instead of a second judgment.

BIG IDEA: Jesus doesn't condemn you, but he reveals your shame to redeem you.

DISCUSSION QUESTIONS

1. Have you ever had a conversation that really changed your life? What was it about that moment that made it so impactful?
2. If you knew you were meeting Jesus tomorrow at Starbucks, how would you prepare, and what would you want to talk about?
3. What's your "lead story" when someone asks about your life? Do you start with family, work, achievements, struggles? Why do you think that is?
4. *With your Bible or Bible App, [read John 4:3-30](#).*

³ Jesus left Judea and returned to Galilee. ⁴ He had to go through Samaria on the way. ⁵ Eventually he came to the Samaritan village of Sychar, near the field that Jacob gave to his son Joseph. ⁶ Jacob's well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime. ⁷ Soon a Samaritan woman came to draw water, and Jesus said to her, "Please give me a drink." ⁸ He was alone at the time because his disciples had gone into the village to buy some food. ⁹ The woman was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, "You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?" ¹⁰ Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water." ¹¹ "But sir, you don't have a rope or a bucket," she said, "and this well is very deep. Where would you get this living water?" ¹² And besides, do you think you're greater than our ancestor Jacob, who gave us this well? How can you offer better water than he and his sons and his animals enjoyed?" ¹³ Jesus replied, "Anyone who drinks this water will soon become thirsty again. ¹⁴ But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life." ¹⁵ "Please, sir," the woman said, "give me this water! Then I'll never be thirsty again, and I won't have to come here to get water." ¹⁶ "Go and get your husband," Jesus told her. ¹⁷ "I don't have a husband," the woman replied. Jesus said, "You're right! You don't have a husband—¹⁸ for you have had five husbands, and you aren't even married to the man you're living with now. You certainly spoke the truth!" ¹⁹ "Sir," the woman said, "you must be a prophet. ²⁰ So tell me, why is it that you Jews insist that Jerusalem is the only place of worship, while we Samaritans claim it is here at Mount Gerizim, where our ancestors worshiped?" ²¹ Jesus replied, "Believe me, dear woman, the time is coming when it will no longer matter whether you worship the Father on this mountain or in Jerusalem. ²² You Samaritans know very little about the one you worship, while we Jews know all about him, for salvation comes through the Jews. ²³ But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. ²⁴ For God is Spirit, so those who worship him must worship in spirit and in truth." ²⁵ The woman said, "I know the Messiah is coming—the one who is called Christ. When he comes, he will explain everything to us." ²⁶ Then Jesus told her, "I AM the Messiah!" ²⁷ Just then his disciples came back. They were shocked to find him talking to a woman, but none of them had the nerve to ask, "What do you want with her?" or "Why are you talking to her?" ²⁸ The woman left her water jar beside the well and ran back to the village, telling everyone, ²⁹ "Come and see a man who told me everything I ever did! Could he possibly be the Messiah?" ³⁰ So the people came streaming from the village to see him. [John 4:3-30 \(NLT\)](#)

5. Why is it surprising that Jesus speaks to this Samaritan woman (v. 7-9)?
6. In v. 10, Jesus offers “living water.” Why do you think she misunderstands Him at first? What does Jesus actually mean by “living water”?
7. Why do you suppose Jesus brings up her past husbands (v. 16-18)? What does that reveal about how He deals with shame?
8. In v. 19-20, the woman deflects to a debate about worship. How do we often do something similar when conversations get too personal?
9. Jesus says plainly, “I am the Messiah” (v. 26). Why is it significant that this woman is the first person He reveals Himself to?
10. What does this story show us about the kind of people Jesus moves toward?
11. How does shame cause people to hide—in relationships, at work, or even at church?
12. Which of the shame responses Chris described do you relate to most (avoidance, achievement, numbing/addiction, humor, blame-shifting, deflection)? How so?
13. What does it look like to believe Jesus forgives shame but still live as if he hasn’t?
14. The woman runs back to her village saying, “Come and see!” Who in your life needs to hear that same invitation right now?
15. If Jesus offered you living water today, what would it mean for you to stop drawing from old dry “wells” and start drawing from Him?

MOVING FORWARD

This week, reflect on the truth that Jesus sees everything you’ve ever thought/said/done—and He still loves you completely. How would your life be different if you believed that and lived accordingly? Jesus doesn’t condemn you, but He reveals your shame to redeem you. Stop trying to impress God, and instead simply confess to him. Jesus promises to meet you there in that place of true brokenness and surrender.

CHANGING YOUR MIND

²⁸ *The woman left her water jar beside the well and ran back to the village, telling everyone,* ²⁹ *“Come and see a man who told me everything I ever did! Could he possibly be the Messiah?”* ³⁰ *So the people came streaming from the village to see him.*
John 4:28-30