

You Have To Be Perfect

Jesus Never Said That

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OPENING QUESTION

What is one honest thing about where you're really at right now (a struggle, fear, doubt, or weakness) that you're willing to share with the group today?

SCRIPTURE READINGS

Main Reading:

John 4:4-30

Additional Reading:

Matthew 11:28-30

Proverbs 28:13

James 5:16

KEY TAKE AWAYS

You can't hide from God

– hiding and perfectionism are exhausting and lead to burnout.

God can't heal what you won't reveal

– honesty/open confession is the pathway to healing and being used by God (like the Samaritan woman).

QUESTIONS

1. In John 4, the Samaritan woman comes to the well at noon, likely to avoid others:
 - a. What parallels do you see between her desire to avoid people and the ways you tend to hide or isolate in your own life?
2. Jesus initiates the conversation by asking the woman for a drink, even though Jews didn't normally associate with Samaritans (John 4:7–9).
 - a. What does this tell you about Jesus' heart toward people who feel like outsiders, and how does that speak to where you feel like an outsider?
3. Jesus exposes the truth about the woman's relationships yet doesn't reject her.

- a. How does this scene shape your view of being fully known by God—both the scary and the freeing parts?
4. After meeting Jesus, the woman leaves her water jar and runs back to town to tell others (John 4:28–29).
 - a. What might your “water jar” be—the thing you’ve depended on or hid behind—that Jesus may be inviting you to leave with Him?

PRACTICE

Coming Home (Prayer & Response)

Quiet Reflection:

Read John 4:13–18 together as a group:

One-Sentence Honesty

Go around the circle and have each person answer one prompt in just a sentence or two:

What is one area of your life right now where you feel ‘thirsty’ or tired, like the woman at the well?

No advice, no fixing—just listen and thank each person for sharing.

Group Prayer

Have one person pray a short closing prayer:

Thanking Jesus that He meets us where we are.

Asking Him to be our “living water” in the areas people mentioned.

Simple Practice As We Go

Ask everyone to do this once a day until you meet again:

Read one verse – Read John 4:14 each day.

Pray one honest prayer – After reading it, say to Jesus in your own words:

Jesus, this is where I feel thirsty today...

Name it simply and honestly (no perfect words needed).

Next time you meet, you can begin by asking:

What did you notice as you did this simple practice with Jesus this week?

CLOSING PRAYER

Jesus, thank You that, like the woman at the well, You meet us right where we are and invite us to living water. Help us to be honest with You and with one another, to leave our “jars” behind, and to find our rest and our identity in You alone. Amen.