

Identity MS | DRINK FROM THE WELL OF LIFE

The Originals

When God made you, He didn't mass-produce you. He formed you, fearfully and wonderfully, as His own masterpiece. The world will tell you that you've got to copy someone else to fit in—wear their armor, chase their standard, live their story. But God says you belong as you are, because He made you on purpose. And when you live as His original, you discover what His Word has always said: You are chosen, created, and never alone. Our prayer is that students will see it, feel it, and believe it—they are chosen, created, and never alone.

CORE THEOLOGICAL INSIGHTS

Identity, Purpose, Transformation

RESPONSE

Confidence, Truth

EMPHASIZED RELATIONSHIPS

God the Creator

MEMORY VERSE

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2:10 NIV).



Bottom Line

DRINK FROM THE WELL OF LIFE

Topic

Identity

Scripture

John 4:13–15 (NIV):

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

25 min

Teaching

5 min

Introduction (ME)

What You Need

No supplies needed

Say: "When I was about 15, I felt numb. My favorite sentence was, 'I don't care' because caring hurt. My dad battled addiction, and the promises I wanted most—like going tux shopping before prom—didn't happen. So I went looking for approval anywhere I could find it. I chased voices that would tell me I mattered. But every 'well' I ran to was dry. I finally sat across from a Christian counselor, swallowed my pride, and started letting God dig up what I had buried. That's when I learned the difference between being full for a minute and being full for real."

5 min

Tension (WE)

What You Need

No supplies needed

Say: "Middle school has a lot of quick wells. A flattering DM, a streak that stays alive, a friend's attention, that one risky post that gets instant likes. It feels good for a moment, and then you feel emptier than before. You say, 'I don't care' so you won't feel let down, but the emptiness doesn't leave. We all want something that lasts—something that doesn't fade the second the screen goes dark."

5 min

Truth (GOD)

What You Need

No supplies needed

Read

*John 4:13–15 (NIV):
Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."*

The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

"Jesus meets a woman who's tired of coming to the well and tired of coming up empty in life. He doesn't offer a quick fix; He offers **Himself**—living water that becomes a **spring inside**.

"There's shallow satisfaction that feels good fast and fades fast, and there's lasting satisfaction that grows inside you and changes who you are. Identity in Jesus isn't pretending everything is fine; it's letting Him fill places that attention and approval can't.

"The Holy Spirit does the deep work—healing what's broken, unlearning the lies we believed, building a steady 'well' you can draw from on your hardest days. Sometimes that looks like prayer and Scripture. Sometimes it also looks like talking with a trusted adult or a counselor who helps you tell the truth and heal. Jesus doesn't shame your thirst. He invites you to bring it to the Source that lasts."

5 min

Application (YOU)

What You Need

No supplies needed

Say: "Name your 'shallow well.' When you're empty, what do you run to first—scrolling, comparison, flirting, pretending you don't care? Trade it for one step that builds a deep well this week. Take five quiet minutes and read John 4:13-14 out loud to God. Pray one honest sentence: 'Jesus, I'm thirsty for _____. Fill me.' Tell one trusted person what you're carrying so you don't carry it alone. Write one lie you've believed about yourself and replace it with one truth from Jesus."

Interactive (in-room)

"Hold your hands like you're holding an empty cup. Whisper, 'I'm thirsty.' Open your hands and say, 'Jesus, fill me.' Take a slow breath in, and as you breathe out, picture handing Him the thing you run to when you're empty. If you want courage, type one line in Notes: 'My shallow well is _____. My deep step today is _____. '

"Show a leader if you want someone to pray with you."

5 min

Landing (ME)

What You Need

No supplies needed

Say: "You weren't made to live numb. The parts you hide are usually the ones God heals first. You don't have to be okay to belong here. Come to the well that lasts, again and again, until what used to feel empty begins to overflow. Every day, take sixty seconds to read John 4:14, then pray, 'Jesus, be my source today.' Text one trusted person, 'Pray for me—I'm choosing the deep well.' Repeat tomorrow."

Prayer

"Holy Spirit, do the deep work in us. Where our hearts feel dry, fill us. Where we've believed lies, replace them with Your truth. Where we've been hiding, give us the courage to be honest and to heal. Make a spring inside us that doesn't run out. In Jesus' name. Amen."

30 min

Groups

Help students name the "shallow wells" they run to when they feel empty, choose one simple "deep-well" step to take in the next 24 hours, and invite the Holy Spirit to do real inside work—with a plan for support (friend/leader/trusted adult).

5 min

Think About This

What You Need

No supplies needed

This topic can surface real hurt (family stress, approval, numbness). Keep it gentle and voluntary. No naming classmates in negative stories, no screenshots/DM details, and no pressure to share beyond what's safe. Pray only with permission. If a student mentions harm or danger to self/others, follow your church's safety plan immediately.

15 min

Discussion Questions

What You Need

No supplies needed

1. Warm-up: Finish this sentence, no explanations needed—"When I feel empty, I usually ____."
2. Read John 4:13-15 out loud. What word or phrase grabs you? Why that one?
3. In your words, what's the difference between **shallow satisfaction** (quick hit that fades) and **lasting satisfaction** (something that actually fills you)? Where do you see each at school or online?
4. Without using names, what's one "shallow well" you're tempted to run to (comparison, scrolling, gossip, flirting, pretending not to care)? How do you feel *after* you go there?
5. What might a **deep-well step** look like for you this week—one honest prayer, five quiet minutes with John 4, talking to a trusted adult/leader, writing one lie → one truth, or asking for help?
6. The video said the Holy Spirit does the deep work. What's a one-sentence prayer you could pray when you feel empty? (Example: "Jesus, I'm thirsty for _____. Fill me.")
7. Name **one step** you'll take in the next 24 hours and **one person** who'll check in with you (friend you trust, leader, parent/guardian). When will you tell them?

Practice (in room)

Empty Cup / Living Water: Hold your hands like an empty cup. Quietly name your shallow well to God. Open your hands and whisper, "Jesus, fill me." Now type (or write) one line: "**My shallow well is _____. My deep step today is ____ by ____.**" Set a reminder. If you want accountability, show a leader or text the person you named.

10 min

Try This

What You Need

No supplies needed

Deep-Well Streak (This Week): Each day, read John 4:14 once, pray one honest sentence, and send a text to your leader or (parent-approved) group chat. Optional: Pick a verse from John 4 as your lock screen to keep the "source" in front of you.