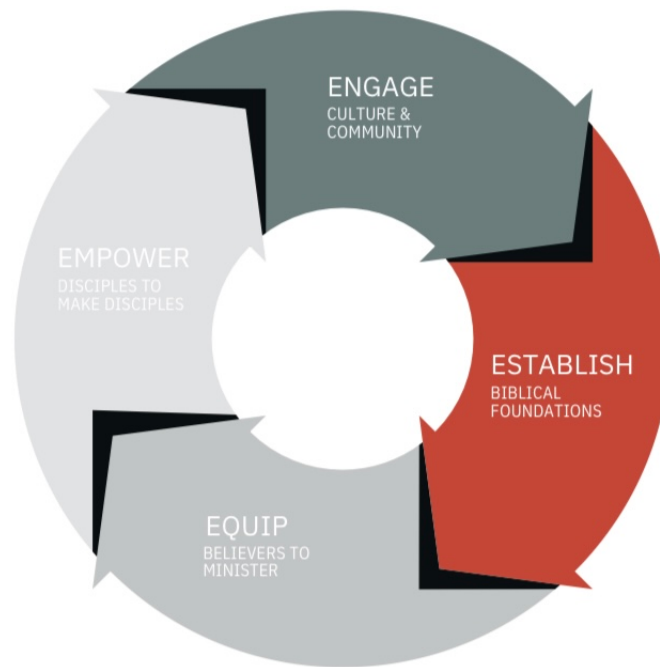


The mission of Rise Up Church is to raise disciples, empower families, and revitalize neighborhoods by the transformational power of the gospel. At Rise Up Church, our discipleship rhythm shapes how we live and expressed in four key movements that we call the 4E's. It is all about following Jesus and helping others do the same.



The purpose of our Koinonia Gatherings is to establish people in biblical foundations by building Christ-centered connections. We believe the Scriptures teaches that life change happens best in community, as we grow together in God's Word and are led by the Holy Spirit.

Below, you'll find a sermon-based guide from the most recent sermon to help lead a Rise Up Church Koinonia Gathering, along with a five day devotional designed to help you apply the sermon throughout the week.

Koinonia Gathering Guide: Let Jesus Expose You

Based on John 4:5-24

Overview

In this message, Emmanuel explores Jesus' encounter with the Samaritan woman at the well. The central focus is this: Jesus exposes you to heal you and give you life, not to hurt or humiliate you. This guide will help your group reflect on what it means to stay present with Jesus, allow him to expose what we carry, and receive the living water he offers.

What happens when the parts of our lives we keep most hidden are brought into the light? In John chapter 4, we find Jesus making a deliberate and countercultural journey through Samaria to meet a woman who had been pushed to the margins of her own community. She was not just an outsider among Jews -- she was an outcast among her own people, drawing water alone at noon to avoid the crowds. Yet Jesus met her exactly there. This message unpacks the profound intentionality behind that encounter and what it reveals about how God pursues each of us. The central theme is both challenging and deeply reassuring: Jesus exposes us not to shame or humiliate us, but to heal us and give us life. Through the image of living water, we are invited to examine the wells we keep returning to in our own lives -- the habits, relationships, and coping mechanisms that promise relief but never truly satisfy. The woman at the well thought she was just coming for water. She left having encountered the source of life itself. The question the message leaves with us is a personal one: what would it look like to stop managing what we let God see, and simply let him meet us where we are?

Key Takeaways

- Jesus is intentional about meeting people exactly where they are, regardless of cultural, social, or personal barriers.
- Jesus exposed the woman to three things: the source of life, her struggle, and the solution.
- We often share only as much of ourselves as we are comfortable with, even with God, but Jesus already sees the full picture.
- The world exposes you to exploit you. Jesus exposes you to heal you and give you life.
- True worship in spirit and in truth is the pathway to receiving what Jesus offers.

- A changed life naturally overflows into telling others about Jesus.

Discussion Questions

Opening

1. The sermon opened with a question: how many of us like people in our business? Be honest with your group -- what is your instinct when someone gets too close to the personal parts of your life? What makes that feel uncomfortable?
2. The Samaritan woman was drawing water alone at noon, which signaled she was an outcast even among her own people. Have you ever felt like an outcast in a space where you already felt like an outsider? How did that shape the way you saw yourself?

Jesus Exposed Her to the Source

3. Emilio asked the group: "What wells do we go to that constantly fail to meet what we actually need?" What are some wells people commonly return to -- relationships, achievement, approval, comfort -- that leave them thirsty again?
4. Jesus came to the well without a bucket or rope, yet his offer was still valid. Is there an area of your life where you have doubted whether Jesus could actually deliver on what he promised because it did not look sufficient in the physical? How do you work through that doubt?

Jesus Exposed Her Struggle

5. When Jesus asked the woman to go call her husband, she answered truthfully but only partially. She said "I have no husband," which was accurate but incomplete. In what ways do we do the same thing with God -- giving honest but carefully managed answers?
6. Emilio made this observation about the woman in John 8 whose accusers wanted to stone her: "When the world exposes you, the world exposes you to exploit you. Jesus exposes you to heal you and to give you life." How have you experienced the difference between being exposed by the world and being exposed by God? What did each feel like?

7. Emilio said: "You can't receive what he's offering with your hands full." What are some things -- habits, sins, old ways of coping -- that might be filling your hands right now and making it hard to receive what Jesus is offering?

Jesus Exposed Her to the Solution

8. When Jesus exposed the woman's struggle, she deflected by changing the subject to a theological debate about worship. Emilio pointed out that Jesus still used that deflection for her salvation. Can you think of a time when God worked through your avoidance or your questions to still move you toward him?
9. Jesus described true worship as worship in spirit and in truth. Emilio described it this way: "Worship is the way we show up in our lives, not everyday life. Worship is the way we show up at work. Worship is the way we show up to our family and our friends." How does that definition expand or challenge the way you have understood worship?
10. Emilio noted the contrast between Nicodemus, who came to Jesus in secret and left confused, and the Samaritan woman, who came in the open and left to tell her whole village. What do you think made the difference in their responses? Which response do you more closely identify with right now, and why?

Staying at the Well

11. Emilio closed with this question: "Will you stay and let God expose you?" The woman could have walked away at any point, but she stayed, kept asking questions, and kept engaging even while deflecting. What does it look like practically to stay present with Jesus when the conversation gets uncomfortable?
12. After her encounter with Jesus, the woman immediately went back to the people she had been hiding from to tell them about him. What would it look like in your own life this week to move toward people you have been avoiding because of something Jesus has done or is doing in you?

Practical Applications

- Set aside intentional time this week to bring yourself to God honestly, not the polished or managed version, but as you actually are. You might journal, pray out loud, or simply sit quietly and let God into the parts you usually keep closed.
- Identify one "well" you have been returning to that is not satisfying the deeper need. Name it specifically, and bring it to God in prayer, asking him to begin replacing it with the living water he offers.
- Reflect on the contrast between worship as a Sunday activity and worship as a way of life. Pick one specific area -- work, a relationship, a daily habit -- and ask yourself what it would look like to show up there in spirit and in truth this week.
- Think of one person in your life who needs to hear about Jesus. The Samaritan woman went back to the very people she had been hiding from. Is there someone you have been avoiding or overlooking who needs what you have received?

Closing Prayer Focus

Close your group time by praying together with these things in mind:

- Gratitude that Jesus is intentional about meeting each person exactly where they are
- Honesty before God about the struggles and the wells each person has been returning to
- Openness to being exposed by God in a way that leads to healing, not shame
- Courage to worship in spirit and in truth in everyday life, not just in a church setting

"Jesus exposes you to heal you and give you life, not to hurt or humiliate you." -- Emilio Mbaharike

5-Day Bible Reading Plan and Devotional Guide

Based on "Let Jesus Expose You" — John 4:5-24

Day 1: He Came the Long Way for You

Reading: John 4:1-6 — The account of Jesus deliberately traveling through Samaria rather than around it, arriving at Jacob's well at midday.

Devotional: Jesus did not stumble upon the woman at the well by accident. He chose the road that every other Jew avoided. He walked toward the people, the places, and the pain that culture said to walk around. The same intentionality that brought him through Samaria is the same intentionality that has brought him into your life. He is not a God who detours around your mess. He is a God who walks straight through it to find you. Whatever well you are sitting beside today, whatever moment of isolation or shame has placed you there, know this: Jesus needed to come to where you are. You are not an afterthought. You are the destination.

Reflection: In what area of your life have you assumed God would not want to enter? Surrender that space to him today.

Day 2: The Well That Never Satisfies

Reading: John 4:7-15 — Jesus asks the woman for water, then offers her living water that will cause her to never thirst again.

Devotional: The woman came to that well every single day. She kept returning to the same source, and it kept running dry. Jesus met her at the place of her daily routine and asked a simple question that carried a much deeper invitation. He used what she understood to reveal what she lacked. The wells we return to, whether they are relationships, achievements, substances, or approval, were never designed to satisfy the thirst of a soul. Only Jesus, the living water, can do that. He does not shame you for going back to the empty well. He simply offers you something better and waits for you to ask for it.

Reflection: What well do you keep returning to that consistently leaves you empty? Ask Jesus today to replace that longing with himself.

Day 3: He Already Knows, and He Stays Anyway

Reading: John 4:16-19 — Jesus reveals knowledge of the woman's five husbands and her current relationship, and she recognizes him as a prophet.

Devotional: The woman gave Jesus a technically true but carefully incomplete answer. She said she had no husband, which was accurate, but it was also a shield. Jesus did not accept the partial answer as the full truth. He gently, firmly, and lovingly named what she had left out. This is not the behavior of someone trying to humiliate. This is the behavior of someone who loves too much to let you stay hidden. God already knows the full story behind the answer you give him. He knows what is behind the closed door, behind the careful wording, behind the composed exterior. He knows, and he has not walked away. He is still standing at the well.

Reflection: What partial answer have you been giving God? Practice full honesty with him in prayer today, holding nothing back.

Day 4: Exposed to Be Healed, Not Humiliated

Reading: John 8:3-11 — Religious leaders bring a woman caught in adultery before Jesus, seeking to trap him. Jesus responds by challenging her accusers and offering her mercy rather than condemnation.

Devotional: When the world exposes you, it does so to use you. The Pharisees were not concerned with the woman's soul. She was a prop in an argument. But when Jesus exposes you, the purpose is entirely different. He does not drag your sin into the light to lecture you, shame you, or leave you standing there alone. He does it so that healing can begin in the exact place that hurt has lived the longest. The contrast between these two encounters is the contrast between religion and relationship, between accusation and redemption. Jesus does not throw stones. He stoops down, writes in the dirt, and speaks life over the person everyone else was ready to destroy.

Reflection: Have you been carrying shame that came from the world's exposure rather than God's healing? Receive his words today: he does not condemn you.

Day 5: Worship That Changes Everything

Reading: John 4:20-26 — Jesus reveals that true worship is not bound to a location but is offered in spirit and in truth, and discloses that he is the Messiah.

Devotional: The woman tried to change the subject, but Jesus used even her deflection to bring her to the most important truth of the conversation. True worship is not a location, a style, or a performance. It is a posture of honesty before God and a life lived in the way Jesus modeled. When she left that well, she ran straight back to the people she had been hiding from and told them everything. That is what genuine encounter with Jesus produces. It does not leave you quiet and unchanged. It sends you out. Worship in spirit and in truth means bringing your whole, unpolished self to God and letting the encounter transform the way you live every single day.

Reflection: How can your daily life, the way you work, relate to others, and carry yourself, become an act of worship this week? Choose one specific way to live that out today.