

What To Do When You Are Down And Out?

John 4:1–42

What Does The Bible Say?

Jesus knew the Pharisees had heard that he was baptizing and making more disciples than John 2 (though Jesus himself didn't baptize them—his disciples did). 3 So he left Judea and returned to Galilee. 4 He had to go through Samaria on the way. (John 4:1–4 NLT)

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?” (John 4:7–9 NLT)

Jesus initiates the encounter to bring the woman to salvation.

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.” (John 4:10 NLT)

The Samaritan woman was ignorant of three important facts: Who He was, what He had to offer, and how she could receive it.

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.” (John 4:12–14 NLT)

Jesus tells her that physical things cannot satisfy man's spiritual needs. We will get thirsty again and again. Physical is only for a season. Eternal is forever!

What is Living Water?

Jesus calls Himself ‘the Bread of Life’ (6:35), He does not refer to Himself as the living water. Living water symbolizes the Spirit, whom He would send, rather than Christ.

When you are down and out, following God allows you to change the direction of your 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!" (John 4:15–18 NLT)

To be forgiven, you need to acknowledge your sinful state.

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?" (John 4:19–20 NLT)

The Samaritan woman tried to lure Jesus into a religious debate.

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!" (John 4:25–26 NLT)

Jesus discloses He is the Messiah.

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 NLT)

The Samaritan woman now becomes a witness for Christ.

39 Many Samaritans from the village believed in Jesus because the woman had said, “He told me everything I ever did!”

40 When they came out to see him, they begged him to stay in their village. So he stayed for two days, 41 long enough for many more to hear his message and believe. 42 Then they said to the woman, “Now we believe, not just because of what you told us, but because we have heard him ourselves. Now we know that he is indeed the Savior of the world.” (John 4:39–42 NLT)

Many people came to Christ because of an outcast

Samaritan woman.

Who has come to Christ because of you?

How Can You Obey?

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?” (John 4:27 NLT)

Be against prejudice or bigotry.

31 Meanwhile, the disciples were urging Jesus, “Rabbi, eat something.” 32 But Jesus replied, “I have a kind of food you know nothing about.” 33 “Did someone bring him food while we were gone?” the disciples asked each other. 34 Then Jesus explained: “My nourishment comes from doing the will of God, who sent me, and from finishing his work. (John 4:31–34 NLT)

Don't let the necessities of life get in the way of the eternal.

35 You know the saying, 'Four months between planting and harvest.' But I say, wake up and look around. The fields are already ripe for harvest. (John 4:35 NLT)

Don't procrastinate by presuming a promise of tomorrow.

Additional Notes:

If you want to use your home to disciple others, check out our training at www.crosswaveschurch.com/host. Cross Waves has produced short videos to train you to use your home to reach others for Christ. So please check it out.

Explore:

Christianity is about more than attending church and living a good moral life. Being a Christian is about having a vibrant

personal relationship with Jesus Christ. Every Sunday School teacher or Bible study leader should want to see each learner enter into this relationship—their eternal destiny depends on it.

As you work toward this goal, keep the following in mind:

Following Christ is more than a mere decision; it is about a lifelong relationship. Jesus called us to make disciples, not mere decision-makers. Aim for long-term faith, not momentary emotion.

Salvation is a matter of grace, not works. Our works do not save us (Ephesians 2:8-9), nor do they keep us (Galatians 3:2-6).

Good works are a product of salvation, not a prerequisite to it.

Don't confuse sanctification with salvation. Holiness follows salvation; it doesn't precede it. Don't try to impose "Christian" expectations on men and women who don't know Christ.

- Keep it simple. Being born again is not complicated. Here's a simple way to explain it:

- Acknowledge your sinfulness and need for a Savior (Romans 3:10, 23).

- Trust in Christ's sacrifice for your sins and His resurrection (Romans 10:9-10).

Surrender your life to God's transforming power (Romans 12:1-2).

Remember that your job is to tell the truth in a way others can understand, answer their questions, and allow them to respond.

If you do that faithfully, some will respond and join the band of Christ- followers. When they do, Heaven will rejoice!

Question 1 of 4

Why are some people snobs? What causes snobbery?

Question 2 of 4

What is the difference between liquid water and living water?

Question 3 of 4

How do you deal with people when they try to debate you on religion?

Question 4 of 4

Do you believe everyone, everywhere, needs Jesus? How is this reflected in your life?