



Week 3: Jesus Helps Me Start Again

Lesson Overview:

Bible Story: The Woman at the Well (John 4:1–42)

Today's Point: Jesus Helps Me Start Again.

Summary: Get ready for a week of splashy fun, engaging games, and warm talks about how Jesus loves us and gives us a brand-new start, filling our hearts with joy and forgiveness. The little ones will love playing with water and making "fresh start" crafts.

Video Bible Story:

▶ [Jesus and the Woman at the Well | Stories of the Bible](#)

January Songs:

▶ [Give All Your Worries to God \(1 Peter 5:7\) | HLA Athens VBS | Group ...](#)

▶ [Won't Worry 'Bout A Thing | Shipwrecked VBS | Group Publishing](#)

Arrival and Guided Play (5-10 minutes)

Here are suggestions for arrival activities that introduce Today's Point: Jesus Helps Me Start Again.

Suggested Toys & Talking Points:

- Baby Dolls and Towels - Let's wash the baby's hands and face. Jesus gives us a new start, just like we can make the baby clean.
- Building Blocks - Let's build a new house. Jesus helps us start fresh and build something new.
- Toy Fruits or Play Food - Look at all these fruits! In our story, Jesus talks about water that can help people live forever, like the food we need to live every day.
- Plastic Cups for Stacking - Let's build a tower with these cups. We'll hear how Jesus gave the woman at the well something even better than a cup of water.

Schedule:

Warm Up Question (3 min.):

What is your favorite thing to drink?

Review Classroom Rules (3 min.)

Review giving and collect offerings (2 min.)

Review point and Key verse: (5 min.)

Today's Point: Jesus Helps Me Start Again.

Memory Verse: Proverbs 4:26 (NLT) Mark out a straight path for your feet; stay on the safe path.

Transition to Song Time - Let's tiptoe like quiet little raindrops to our singing area and get ready to sing about Jesus' love!

Song Time (6 minutes)

Transition to Bible Story Time - Let's use our quiet voices and tiptoe to the story area so we can hear a very special Bible story about how Jesus helped someone to start over.

Bible Story (10 minutes) The Woman at the Well

Bible Reference: John 4:1–4

Today's Point: Jesus Helps Me Start Again.

SUPPLIES NEEDED:

- Printed picture of a well.
- Printed picture of Jesus and the woman talking.

TEACHER: (Teacher spreads arms wide in a welcoming gesture.) Friends, it's time for a very special story from the Bible! Today, we're going to hear about how Jesus met someone who needed to start over. Are you ready? Let's sit crisscross applesauce and put on our listening ears! (Cup hands around ears dramatically.)

Watch Lesson Video

One day, Jesus was walking through a town called Samaria. He was very tired and thirsty, so He sat down by a well. (Hold up the picture of the well.) Wells are where people go to get water.

- Who here has ever been thirsty? (Pause for responses.) Jesus was thirsty too!

Just then, a woman came to the well to get water. She had a big jar to carry her water home. Jesus looked at the woman and said, "Can you give me a drink of water?" The woman was surprised! (Hold up the picture of Jesus and the woman talking.) She said, "Why are you talking to me? I'm from Samaria, and people like me don't usually talk to people like you." But

Jesus was kind and friendly. He said, “If you knew who I was, you would ask me for water—living water!”

- Can we all say “living water”? (Encourage the children to repeat: “Living water!”)

The woman was confused. She said, “How can you give me living water? You don’t even have a jar!” But Jesus explained, “The water I give is special. It’s not for drinking. It fills your heart with love and joy and helps you start over every day!”

Jesus told her about God’s love and all the good things God wanted for her. He said that if we ask him, Jesus will help us start again and choose the right way, even if we messed up before.

The woman was amazed. She said, “I want this living water!” Jesus told her about God’s love and all the very good things God wanted for her. She was so happy! She ran back to her town saying, “Come and see Jesus! He gave me a new start!”

Isn’t that wonderful? Jesus gave the woman at the well a new start, and He can do the same for us. Let’s all say, “Jesus Helps Me Start Again”

Review ABC’s of Salvation

PRAYER TIME

Bible Verse Review: Practice saying this month’s verse a few times with the kids. Remind them that if they can say their verse from memory next week, they will earn a prize.

Transition to Craft Time -Let’s pretend to carry big water jars on our heads as we walk to the table for a fun craft!

Craft (10 minutes) Water Jar Decoration

SUPPLIES NEEDED:

- Paper printout of the water jar (one per child)
- Crayons or markers
- Stickers (optional: stars, hearts, or shapes)

TEACHER: Today, we're going to make our very own water jars! In our story, the Samaritan woman came to the well to get water in her jar. But Jesus gave her something even better—living water that fills our hearts with love and joy. Let's decorate these jars to help us remember that Jesus helps us start again!

(Hand out the water jar pages and supplies.)

First, take your jar and think about how you'd like to decorate it. You can use crayons, markers, or stickers to make your jar colorful and special.

(Guide the children as they decorate.) Great job! You can add fun designs, or even draw hearts to show the love Jesus gives us.

(Encourage children to hold up their jars when finished.) Look at all these amazing water jars! These jars remind us of the special story we heard today—how Jesus gave the woman at the well a new start. Let's say it together: "Jesus Helps Me Start Again"

Jesus Helps Me Start Again!



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Questions to Discuss with Your Child:

1. What does starting again mean to you? Can you think of a time when you wished you could start over?
2. How can knowing Jesus help us when we feel like we need a fresh start? What are some things Jesus gives us that help us start again?
3. What is one thing you would like to change or do differently starting today? How can you ask Jesus to help you with this change?

