



Week 3: Fresh Starts

Bible Story: "The Woman at the Well" - John 4:1-42



Today's Point: By trusting in Jesus, I can get a fresh start.

Gospel Connection: Jesus gave a woman at a well a new start. He offers a fresh start to anyone who will turn away from sin and trust in His promise of salvation.

Lesson Video:

 [Woman at the Well | Let's Go](#)

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](#)

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: By trusting in Jesus, I can get a fresh start.

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

Introduction Game - Parachute Toss (5 min.)

SUPPLIES NEEDED:

- A large piece of fabric or a parachute
- Small softballs or beanbags

TEACHER: Good morning, everyone! As we dive into another exciting session of our BEST YEAR EVER series, let's remember that life is full of surprises and challenges. Sometimes, things don't go as planned, and we might feel like we need a fresh start. This week, we're learning that with Jesus, it's always possible to begin anew. Today's Point is: "By trusting in Jesus, I can get a fresh start."

Now, let's play a game that shows us how we can let go of the old and bring in the new.

Instructions: We'll use this big parachute to toss these balls up in the air. Each ball represents something from the past year that we want to let go of—like a worry, a mistake, or a bad habit. When I say "fresh start," we'll all lift the parachute together, launching our balls into the air and letting them fall away.

This game reminds us that just like we can toss these balls away, Jesus helps us toss away our worries and mistakes, giving us a clean slate every time we ask.

Let's gather around the parachute, spread it out, and get ready to give our troubles a toss!

Bible Story - The Woman at the Well (15 min.)

TEACHER: Imagine you made a really big mess in your room—so big that you couldn't even walk in it anymore! Now, what if someone came along and cleaned it up for you, no questions asked, and gave you a fresh start? Wouldn't that feel great? Well, today, we're going to hear about someone who got a fresh start in a really special way.

We will look into the story of the Woman at the Well, found in the Gospel of John. John wrote this book to show us how Jesus came to rescue us from sin and give us a new life full of hope and a close friendship with God.

Show Lesson Video

READ: John 4:1-10

In this part of the story, Jesus meets a woman at a well. He asks her for a drink, but what He really wants to do is give her something much better than water.

This woman was surprised because people usually didn't talk to her. Jesus knew all about her mistakes, just like He knows ours. When we mess up, it's not a surprise to God - even in our worst moments, He loves us and refuses to give up on us. At the well, Jesus didn't focus on this woman's failures or even what happened in her past; He offered her a new beginning with living water—water that could make her never feel empty inside again.

READ: John 4:11-15

When Jesus talked about living water, He meant His love and the new life He offers us. This isn't just regular water; it's like water that makes you

never feel thirsty for happiness or love again because Jesus fills you up!

Imagine never feeling sad or lonely because you have Jesus in your life. That's what He was offering the woman and what He offers to us. Even when we mess up or feel unlovable, Jesus gives us chance after chance.

READ: John 4:16-18

Jesus told the woman things about her life that no one could have known. He showed her that even though He knew her deepest secrets, He still cared and wanted to give her a fresh start.

Sometimes, we think we need to hide our mistakes or the things we're not proud of. But with Jesus, we can be honest because He loves us no matter what, and He's always ready to give us a new beginning.

So, what did we learn? "By trusting in Jesus, I can get a fresh start." This week, let's think about the fresh starts we need. Maybe we need to be kinder, or perhaps we need to forgive someone. No matter what we've done wrong, Jesus has patience and is ready to give us a fresh start.

GOSPEL CONNECTION: Remember, following Jesus doesn't mean we're perfect. It's about trusting Him to make us whole and new. Because of His sacrifice on the cross, we have the chance to start fresh every single day. Let's believe in this good news and put our faith in Jesus!

Review ABC's of Salvation

Discussion:

TEACHER: Wow, you all did such an amazing job listening and participating today! Thank you for being so attentive. As we learned, "By trusting in Jesus, I can get a fresh start." Let's talk a little more about what this means in our own lives.

1. What does a fresh start 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 begin anew?
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?

Bible Verse Review:

Divide the kids into teams and have them race to put the Bible verse cards into correct order. Remind them that if they can say their verse from memory next week, they will earn a prize.

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

Today's Point: By trusting in Jesus, I can get a fresh start.

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?

