

Growth Group Curriculum – RESIST: The Woman at the Well

Scripture: John 4:4–42

Theme: Resisting shame, prejudice, and broken systems by encountering Jesus and sharing our story.

Opening Icebreaker (5 minutes)

Have everyone answer this question:

Have you ever gone somewhere or done something specifically to avoid other people? Why?

Scripture Reading (5 minutes)

- John 4:4–15
- John 4:16–30
- John 4:39–42
- Ask the group: What stands out to you in this passage?

Teaching Summary (5–7 minutes)

- Jesus travels through Samaria, a region Jewish people typically avoided due to centuries of conflict with the Samaritans.
- He meets a woman at a well who likely came at noon to avoid the judgment of others.
- Despite cultural barriers—gender, ethnicity, and social status—Jesus begins a conversation with her.
- This shows that God’s grace often reaches people before they realize it.

Key Moment #1 – Leave the Jar

John 4:28 – The woman leaves her water jar after encountering Jesus.

- What are the “water jars” people chase today hoping they will satisfy them?
- Have you ever pursued something that you thought would satisfy you but didn’t?
- What does “living water” look like in real life?

Key Moment #2 – Come and See

John 4:29 – The woman invites others simply by saying, “Come and see.”

- Why do you think Jesus chose someone like this woman to share the news?
- Why do many Christians feel nervous about inviting people to church or faith?
- What would it look like to simply say “come and see” in your life?

Key Moment #3 – Scars Become a Witness

John 4:39 – Many Samaritans believed because of the woman's testimony.

- Why do people often connect more with real stories than perfect lives?
- What experiences in your life has God used to shape you?
- What is a “scar” in your life that might help someone else someday?

Big Takeaways

- Leave the Jar – Let go of the things that don't truly satisfy.
- Come and See – Invite others to experience Jesus.
- Let Your Scars Speak – God can use your story to help others.

Closing Prayer

Lord, thank you for meeting people exactly where they are—even in unexpected places. Help us leave behind what doesn't satisfy, invite others to come and see you, and trust that you can use our stories for good. Amen.