



## Sermon Discussion Guide

March 8, 2026

John 4:5–26

1. Read John 4:5–26

### 2. Talk About “Thirst”

Questions (pick 2–3):

1. Why was the woman unhappy and ashamed at the start of the day?
2. What do you think Jesus meant by “living water”?
3. The sermon compared other things to “spiritual Mountain Dew”—they taste good for a moment but don’t really help.
  - What are some “spiritual Mountain Dew” things people try: (friends, popularity, money, grades, games, etc.)?
4. Which of those do *you* most easily run to when you feel empty or unhappy?

### 3. What Does Jesus Do for Us?

Read John 4:13–14 again.

Discuss:

1. How is Jesus different from all the other things we hope will make us happy?
2. The sermon said: “You are not whole later. You are whole today.”
  - What might change in your day if you really believed that Jesus already fills your heart now?

### 4. Apply It This Week

Each person answer briefly:

1. “When I feel sad, hurt, or empty, I usually go to \_\_\_\_\_ first.”
2. “One way I can go to Jesus *first* this week is \_\_\_\_\_.”  
(Example: quick prayer, reading a verse, talking to a parent, listening to a worship song.)

## **5. Pray**

Jesus, thank you for loving people like the woman at the well and people like us. You know everything about us and still invite us to drink your living water. Forgive us for trying to fill our hearts with other things. Help us come to you first when we feel empty or afraid. Thank you that in you, our souls never have to be thirsty again.

Amen.

## **6. Simple Reminder**

All week:

Every time someone pours or drinks water, say (or think):

“Jesus, thank you for being my living water.”