

Sunday Sermon Questions • 3/1/2026

Lent: The Living Water

Going Where Jesus “Has To Go”

In John 4:4, we read that Jesus “had to go through Samaria,” even though others avoided it. Where might Jesus be leading you that feels uncomfortable or inconvenient? Are there people or places you’ve been tempted to avoid that God may actually be calling you toward? What would it look like for our church to truly be known as a community that is for our city?

Surface Thirst vs. Soul Thirst

The Samaritan woman initially focused on physical water, while Jesus was addressing her spiritual thirst. What are some ways we mistake physical, emotional, or relational needs for our deeper spiritual need? How can you tell when you are trying to solve a spiritual thirst with a temporary solution? What “wells” do you keep returning to that never truly satisfy?

Misplaced Hope and Misplaced Worship

Jesus revealed that the woman’s real issue wasn’t just her relationships—it was misplaced hope. What are some common things people today turn to for identity, worth, or fulfillment instead of Christ? How can good things (family, success, ministry, relationships) slowly become ultimate things? What does it practically mean to “worship in Spirit and truth” in everyday life?

Is Your Cup Turned Upward?

The sermon’s bottom line says: “Until we learn to turn our cup upward we will always be left empty.” What does “turning your cup upward” look like in a practical, daily sense? Where in your life have you been holding your cup sideways—expecting something other than Jesus to fill you? Have you ever experienced the exhaustion that comes from trying to fill your life apart from Christ? What changed (or needs to change)?

From Shame to Witness

The woman entered the story in shame and left it running back to tell others about Jesus. Why do you think encountering Jesus transformed her shame into boldness? What keeps us from sharing what Jesus has done in our lives? How could your personal story—even the broken parts—be used to point someone else to Living Water?

Prayer Prompt

Heavenly Father, thank You for meeting us in our brokenness just as You met the woman at the well. Forgive us for the times we have tried to fill our lives with things that can never truly satisfy. Help us to turn our cups upward to You and receive the living water that only Jesus can give. Fill our hearts with Your presence and use our lives to point others to the hope found in Christ. Amen.