

Jesus and the woman at the well

John 4:1-42

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus offer the woman, and what happens in her town after she meets him?

2. What does it show me about people — and about myself?

What have you been drawing on to satisfy a thirst only God can meet?

3. What will I obey this week? (a concrete step, with a day)

How will you come to Jesus for living water this week?

4. Who will I tell?

Like the woman, who will you tell 'come and see' this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you knew everything about the woman and still offered her living water. Meet me the same way, and satisfy the thirst in me.



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