

John 4 — The woman at the well

John 4

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?

How does Jesus move this conversation from a drink of water to worship and the Messiah — and what happens in the town afterward?

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

Jesus offers water that becomes 'a spring welling up to eternal life.' What are you drinking from that never satisfies?

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

Jesus said his food was to do the will of the one who sent him. What is one thing you know the Father wants that you will do this week?

4. Who will I tell?

The woman left her jar, went back to town, and said, 'Come, see a man...' — and many believed because of her testimony. What is your 'come, see' story, and who will hear it 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 sat down tired at a well and offered living water to a woman everyone else avoided. Give me that water, and make me unashamed to tell my own town what you have done.



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