



JOHN 4:5-42



THE WOMAN AT THE WELL

Come, see a man who told me everything I ever did.. John 4:29

CAN YOU REMEMBER A TIME WHEN YOU HEARD SOME REALLY GOOD NEWS?
OR WHEN SOMEONE MADE YOU FEEL REALLY GOOD ABOUT YOURSELF?



WATCH THIS CLIP FROM SEASON 1, EPISODE 8 OF "THE CHOSEN" WHICH DEPICTS THE ENCOUNTER BETWEEN JESUS AND THE SAMARITAN WOMAN AT THE WELL (FROM JOHN 4:5-42)



Why is Photina, the woman at the well so shocked that Jesus would ask her for water?

What does Jesus offer the woman at the well, something she finds difficult to understand at first?

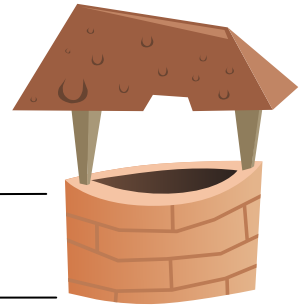
Who does Jesus reveal Himself to be to this woman?

Why does she believe Him? What does he tell her about herself?

Jesus tells her the time is coming when people will worship in s_____ and in t_____.

They will worship with their h_____ and their _____,

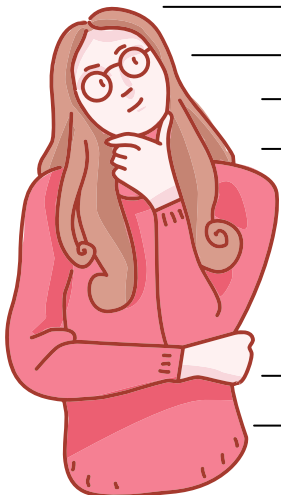
Jesus tells His disciples that He has food. What is this *food* He is talking about?



Personal reflection

What is your impression of Jesus in this clip? Does anything surprise you?

How do you react to the character of Photina?



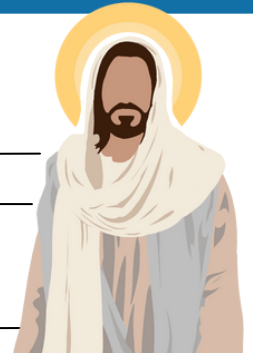
THE WOMAN AT THE WELL

JOHN 4:5-42

OVER TO YOU:

How might you have reacted if you met Jesus at the well?

How might you have reacted if you were the disciples having returned to the well to witness Jesus' encounter?



Now Read John 4:5-42



There's a lot going on in this story: think of the context - a Samaritan woman out at the hottest time of the day because she is an outcast in society. Her life choices have been less than ideal, but here is a woman suffering and alone, dejected and weary. Along comes a Jewish man - the very notion that conversation would happen between them in that kind of cultural context was unheard of: Jews hated the Samaritans didn't they? Not to mind a Jewish male speaking to a female like that. There's a lot of symbolic language that the woman struggles to grasp at the beginning, but by the end of the encounter she is transformed. She knows she is accepted, she is loved, she is cherished. She knows she's being called to more. She knows she has met the Messiah (Jesus revealed this to her first). She knows her life will never again be the same, and she is so full of joy and excitement that her witness converts many in her town. What a beautiful encounter: a real heart meets heart moment. And it's not just for her - it's what Jesus wants with each of us: for us to let down our guard because He sees the real us anyway and loves us. He wants your heart and He's not afraid of the mess. This Lent, remove what you need to to make space for that encounter with Him. You won't regret it.



MISSION!

FIND SOME TIME THIS WEEK TO HAVE AN HONEST CONVERSATION WITH JESUS. YOU MIGHT FIND IT EASIER TO WRITE YOUR THOUGHTS ON PAPER. SPEAK FROM YOUR HEART AND ALLOW YOURSELF TIME TO SIT IN SILENCE AND SEE WHAT KIND OF LIVING WATER HE WANTS TO OFFER YOU TOO. WRITE DOWN ANY THOUGHTS OR IDEAS, OR ANY BIBLE QUOTE OR LINE FROM A LYRIC THAT STRIKES YOU... WATCH OUT FOR WAYS JESUS WILL TRY TO SPEAK TO YOUR HEART THIS WEEK TOO!



PRAYER TIME!

Some sentence starters to help you have an honest conversation with Jesus:

- Jesus, I don't even know what to start with but....
- Jesus, I'm so worried about...
- Jesus, I'm confused about...
- Jesus, I'm so grateful for....
- Jesus, can you help me with...
- Jesus, are you even real?
- Jesus, thank you for....

JUST TALK TO HIM LIKE YOU WOULD TO A FRIEND - WHAT HAVE YOU GOT TO LOSE?



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON ENCOUNTERING JESUS



- The Well (Casting Crowns)
- Surrender (Marc James)
- I will Follow (Chris Tomlin)
- Jesus Messiah (Chris Tomlin)
- Heart of Worship (Matt Redman)
- Living Water (Gateway Worship)
- I will offer up my life (Matt Redman)
- Woman at the Well (Olivia Lane)

SHOUT IT OUT!

Come, see a man who told me everything I ever did.. John 4:29

Who was the Samaritan woman at the well?

- The woman at the well is recognised traditionally as St Photina, whose name means "light".
- Tradition tells us that Photina died a martyr at Carthage, having been a powerful witness to Christ throughout her life, even supposedly converting the daughter of Nero.

Learn more about her here!

<https://catholic.net/op/articles/2819/cat/1205/st-photina.html>

Spread the message

The woman at the well shared her personal testimony with everyone she met, and drew crowds of people to believe in Jesus as Messiah.

Why do you think her testimony was so compelling for others?



Henryk Siemiradzki, Public domain, via Wikimedia Commons

Go viral!

- If the woman at the well had access to modern means of communication, how do you think she would share her story?
- Choose one form of social media:
Facebook / Instagram / TikTok / Snapchat / YouTube / Blog / Vlog / Twitter / Email
- Imagine the type of message she might have created with this media type.
- Work on your own or in a group to produce this message, using images, text, video, music... whatever fits with your chosen form of social media.
- Re-read the Gospel Passage first: John 4:1-42
- Remember to stay as true as possible to the character of the woman at the well and faithful to the message of the Gospel she shared.





CRY OF THE HEART

Come, see a man who told me everything I ever did.. John 4:29

*Prayer is the inner
bath of love into which
the soul plunges itself.
Saint John Vianney*

Reflect

Watch Jesus' interaction with Photina, the Samaritan woman at the well in this clip from Season 1 of The Chosen. Up until this point, her faith in God has been shaky. She feels she has received nothing from Him. After this encounter, her eyes are opened and everything changes for her.



Journal

What prayer do you think Photina would pray from her heart after this encounter? What has she learned about the Messiah, about God's plan for her and for all His people? What way has she now been encouraged to worship and pray? What would she be grateful for? What would she feel she should repent of? What would she ask for God's strength to do now?

God,



LECTIO DIVINA / DIVINE READING



PICK A PASSAGE FROM SCRIPTURE

Based on Fr Josh Johnson:
What is Lectio Divina?
(Ascension Presents)



LECTIO = READING

What does the scripture passage say in and of itself, that everyone should understand?



MEDITATIO = MEDITATION

Find something, a line or a word, that sticks out to you and begin it meditate on it. What does the text say to me, today, and to my life? What is it speaking into my heart?



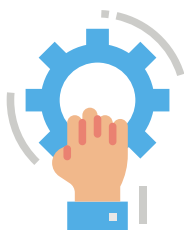
ORATIO = PRAYER

We speak to God about what we read and meditated on. We can intercede for others. We can pray in thanksgiving. We can ask for forgiveness. We can ask God for His grace (help) to live out what we feel called to do.



CONTEMPLATIO = CONTEMPLATION

What conversion of the mind, heart, and life is the Lord asking of me? This step is a gift from God - we can't make it happen! We spend time looking at him and letting Him look at us. If He leads you into deep prayer, go with it. If not, just chill with the Lord.



ACTIO = ACTION

What concrete action can I do based on my time of reading, meditating, praying and maybe contemplating with the Lord.



PRAYER MOMENT

Litany of Trust



LITANY OF TRUST



LITANY OF TRUST
MUSIC VIDEO

Written by **Sr. Faustina Maria Pia**
- www.sistersoflife.org

From the belief that I have to earn Your love... Deliver me, Jesus.

From the fear that I am unlovable.... Deliver me, Jesus.

From the false security that I have what it takes.... Deliver me, Jesus.

From the fear that trusting You will leave me more destitute.... Deliver me, Jesus.

From all suspicion of Your words and promises... Deliver me, Jesus.

From the rebellion against childlike dependency on You... Deliver me, Jesus.

From refusals and reluctances in accepting Your will... Deliver me, Jesus.

From anxiety about the future... Deliver me, Jesus.

From resentment or excessive preoccupation with the past... Deliver me, Jesus.

From restless self-seeking in the present moment... Deliver me, Jesus.

From disbelief in Your love and presence... Deliver me, Jesus.

From the fear of being asked to give more than I have... Deliver me, Jesus.

From the belief that my life has no meaning or worth... Deliver me, Jesus.

From the fear of what love demands... Deliver me, Jesus.

From discouragement... Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me.... Jesus, I trust in you.

That Your love goes deeper than my sins and failings, and transforms me.... Jesus, I trust in you.

That not knowing what tomorrow brings is an invitation to lean on You.... Jesus, I trust in you.

That you are with me in my suffering.... Jesus, I trust in you.

*That my suffering, united to Your own,
will bear fruit in this life and the next.... Jesus, I trust in you.*

That You will not leave me orphan, that You are present in Your Church.... Jesus, I trust in you.

That Your plan is better than anything else.... Jesus, I trust in you.

That You always hear me and in Your goodness always respond to me.... Jesus, I trust in you.

That You give me the grace to accept forgiveness and to forgive others.... Jesus, I trust in you.

That You give me all the strength I need for what is asked... Jesus, I trust in you.

That my life is a gift... Jesus, I trust in you.

That You will teach me to trust You... Jesus, I trust in you.

That You are my Lord and my God... Jesus I trust in you.

That I am Your beloved one... Jesus, I trust in you.

CRUCIFIX: CHAPEL AT HOLY FAMILY MISSION, GLENCOMERAGH HOUSE



Woman at the Well Wordsearch

W	W	M	U	V	S	I	P	W	G	I	U	D	W	D	Y
B	E	Q	R	F	A	T	C	I	S	B	X	Q	U	F	Y
A	Z	L	U	K	M	C	G	B	H	S	P	I	R	I	T
O	E	X	L	L	A	B	V	M	N	S	L	K	B	Q	W
R	C	S	O	Q	R	N	F	A	J	M	R	M	L	A	R
L	Y	T	S	R	I	H	T	G	E	B	N	O	T	L	U
W	O	M	A	N	A	I	K	S	R	U	Z	E	W	M	O
G	I	O	G	R	R	N	S	G	U	C	R	Q	R	X	H
D	Q	W	F	A	I	I	E	M	S	K	T	U	R	K	H
D	G	I	M	R	A	O	Q	C	A	E	S	Q	L	O	T
N	T	A	D	H	U	P	V	X	L	T	I	K	P	M	X
W	S	R	I	S	S	H	D	J	E	W	R	J	K	E	I
N	O	A	U	B	O	C	A	J	M	L	H	G	X	C	S
S	T	S	M	T	D	E	H	P	I	F	C	G	D	V	P
P	E	K	S	H	H	N	I	A	T	N	U	O	M	R	I
J	H	M	R	P	C	W	U	S	R	R	C	G	W	K	Z

bucket / Christ / drink / Jacob / Jerusalem / Jesus / Jew / Messiah /
mountain / Samaria / Samaritan / sixth hour / spirit / thirsty / truth /
water / well / woman / worship

QUICK FIRE QUIZ!

Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the story of the Woman at the Well. Who can explain the most words?





FILL MY HEART

- The Woman at the Well was surprised that Jesus offered her water when He had no bucket. She didn't realise He was talking about the life, love, freedom and divine grace He wanted to share with Her. She had no idea how much her life would change when she received that Living Water. She couldn't even believe He would want to speak to her.
- Sometimes we can limit what God can do in our lives because we can't fully understand at the moment why we are going through certain situations. We can think He doesn't see us or that He has no interest in our lives.
- What questions do you have for God right now? What difficulties are you facing that you need God to speak into and be present in? He's always present, but we're not always aware of it.
 - *On the outside of the bucket, write your questions or difficulties or things you are confused about.*
 - *Then take some quiet time in prayer. Ask God to fill your heart with what you need at this time as you colour in the water in the bucket slowly.*

