

Like an Empty Well

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Look

Our lives can sometimes feel like a well. We draw from them routinely in order to fuel our activities. When we draw too much and too quickly, we can end up feeling exhausted and empty. Equally important, what we put back into our well can greatly affect how we end up feeling as well.

1. On a scale of overflowing to dried up, how is your well feeling right now? What's contributing to that feeling?
2. When your well is feeling empty, what do you do to replenish it?
3. Are those activities really replenishing, or do they just distract you from the exhaustion or empty feelings?

Book

John 4:5–34

In an interesting turn of events, the conversation in this passage goes from Jesus asking for physical water, to the woman filled with living water. The uniqueness of this conversation is further compounded by the unlikely participants of a Jewish man and a Samaritan woman. However Jesus' lack of judgmental comments invites the woman into a deeper discussion.

1. What does the nature of the woman's initial comments reveal about her frame of mind going into the discussion?
2. Work your way carefully through the complex conversation (v13–26). How do Jesus' answers work to refill her own inner well?
3. What is the woman's frame of mind at the end of the story?

Took

During this season of Lent, we are called to empty ourselves to prepare for Christ's resurrection. That does not mean running ourselves to the point of exhaustion. Nor does it mean abstinence from something to show restraint. Rather it means creating a space for the Holy Spirit to work in our minds, hearts and lives.

1. How might it feel to be even more filled with the Holy Spirit?
2. What is something you can do (or not do) to help prepare more of a space in your heart for Jesus?