Introduction: Establish the theme of water.

Say: “Consider all the different ways we can see water in nature: oceanic saltwater, waterfalls, rivers, lakes, creeks, and more.” Then invite a few volunteers to share their favorite bodies of water and what they remember about the first time they saw it.

Share some of the following photos from this article about some of the most amazing bodies of water on our planet:
http://www.bbc.com/earth/story/20150221-the-14-most-amazing-water-bodies

Say something like the following: “As great as these are, they don’t compare to the living water we’re going to discuss today.”

Point 1: The Heart of Sin

After reading John 4:7-14 and discussing this passage, read aloud the second bullet point on page 138, which begins, “All of us are thirsty …”

Then put the following into your own words: “We need to pause and take stock of our own hearts here: anything we choose for satisfaction that is not the triune God revealed in and through Jesus the Messiah is an idol.” Point out that we may not be aware of idolatry in our own lives, but that it’s very real.

Read and share from the following article “Modern Day Idolatry: Putting Anything Before God,” which defines idolatry and helps us to see it in our own lives: https://www.christianpost.com/news/modern-day-idolatry-putting-anything-before-god.html

Challenge group members to seek Jesus as the only thing that can truly satisfy us.
Point 2: Define what worship is not.

After discussing the passage for Point 2, say something like, “We see from this passage that true worship involves “Spirit and truth,” which tells us in part what worship is. But let’s talk for just a moment about what worship is not.”

Read some or all from the following article that presents some things we regularly get wrong about worship:

Challenge group members to take the words to heart by writing out three different things they can do to refocus their worship—family, private, and corporate—this week.

Conclusion: Conclude with an expression of worship.

If your group is comfortable singing during the meeting, consider playing the Chris Tomlin song “Enough” so that you can sing together as a group. (Note: You may want to print out the lyrics or play an audio or video recording if that’s not something you’re comfortable doing.)

A lyric video for the song is available here (4 minutes, 58 seconds):
https://www.youtube.com/watch?v=TI9R1baa87I

Challenge members to make this song the theme of their respective weeks. Remind them of the truth from John 4 and as a reminder to fill themselves with the living water that Jesus offers us.

Teaching Tip of the Week

Everyone—saved and unsaved alike—needs to hear the truth presented in this session. No matter how long someone has been walking with Christ, this passage holds power and points people toward the gospel. Don’t let your group members or your own heart check out because it contains some basic truths.