

Foster City Campus



Stay Thirsty My Friends - Kim Richardson

John 4

1. Life can be referred to as a “hard workout”. What is it about the hard workout of your life that makes you spiritually thirsty?
2. Read John 4: 3-14. What does Jesus interaction with the Samaritan woman tell us about her? About Him?
3. Jesus offers her Living Water which is the Holy Spirit to quench her thirst. Where are you feeling parched? Work? Marriage? Relationships? Parenting? Caregiving? Navigating a hard season? What does it look like for you to “thirst for” and “ask for” Living Water instead of water that never satisfies?
4. Read verses 15-24. Why is transparency and vulnerability so important to Jesus? What role does “coming to the altar” for confession have in our worship?
5. What does Jesus mean when he says that God seeks worshippers who connect deeply with both God’s spirit (in our hearts) and His truth (in our heads)?
6. What does it mean for you today to know that you are fully known and fully loved by Jesus? How would you ask the Holy Spirit to satisfy the driest and clean the dirtiest areas of your life?
7. Read verses 25-29 and 39-42. The woman was in the presence of Jesus and it transformed her life. What can we learn about being in the presence of Jesus in worship? How might it transform our lives and the story we tell others?
8. How can we pray for each other?

