

## 5. From Isolation to Invitation

She arrives alone.  
She leaves as a witness.  
“Come and see.”  
She does not offer arguments.  
She offers encounter.

### I wonder:

- What shifted inside her
- When did shame begin to loosen
- What would our church look like if we invited people to “come and see” rather than “come and perform”
- How might our own encounters with Christ become invitation

## 6. Spirit and Truth

Jesus says:  
“The hour is coming when true worshippers will worship in spirit and truth.”

**Spirit** — openness, breath, aliveness.

**Truth** — honesty, no pretending.

### I wonder:

- What truth are you carrying quietly
- What new life might be rising within you
- What does worship look like when we bring our tiredness rather than our strength

## Closing Prayer

Invite people to sit quietly  
with hands open.  
If you are tired,  
you are in the right place.  
If you are thirsty,  
you are in the right place.

### Silence.

Lord Jesus,  
you who asked for water,  
meet us in our need.  
Where we feel ashamed, remain.  
Where we feel dry, let a spring rise.  
Send us back into our communities  
not scolded,  
but awakened.



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# HeartBeat

## Two Thirsty People at a Well

Sunday 8<sup>th</sup> of March

Lectionary Reading:  
Matthew 3:1-12

### Aim

To explore how Jesus meets us in our tiredness and thirst, and how encounter leads to dignity, awakening and invitation.

### Ice breaker

Share briefly about a time you felt deeply tired — not just physically, but emotionally or spiritually.

- What was exhausting you?
- Did you tell anyone?
- What helped, if anything?

## Prayer

Lord Jesus,  
you who sat down tired at the well,  
meet us in our weariness today.  
Where we are thirsty,  
give us living water.  
Where we feel hidden,  
see us.  
Where we are burdened,  
lighten us.

## 1. Entering the Story

Read John 4.5–15 slowly.  
Pause briefly to reflect

Then read John 4.16–30 and 39–42.

Sit in silence for a while  
You may then read the story from the  
woman's point of view

### Share briefly

What words or sentences caught your  
attention

## 2. Compassion Two Thirsty People

(10 minutes)

The Gospel tells us:

"Jesus, tired out by his journey, was  
sitting by the well."

The story begins with fatigue.  
Jesus asks, "Give me a drink."

Grace begins not with performance,  
but with need.

### I wonder:

- What does it mean that Jesus begins with thirst
- What kind of God asks for help
- Where are you most aware of your own thirst right now
- What would change if we believed that need is not weakness

Discuss in small groups.

## 3. Culture Crossing Boundaries

(10 minutes)

This encounter crosses deep divides:

Jew and Samaritan.

Man and woman.

Insider and outsider.  
She says, "How is it that you, a Jew,  
ask a drink of me?"

Jesus does not argue history. He  
begins with water.

### I wonder:

- What boundaries exist in our culture that keep people apart
- Who in our community feels they must come to the well at noon
- How does Jesus model dignity without humiliation
- Where are we called simply to sit beside someone

## 4. The Jar What We Carry

We are told:

"The woman left her water jar  
and went back to the city."

The jar represents survival,  
responsibility and routine.

She does not reject daily life.

But she is no longer defined by it.

### I wonder:

- What "jar" are you carrying at the moment
- Which responsibilities are life-giving
- Which have quietly become your identity
- What would it feel like to put one down, even briefly