

The Woman at the Well



Theme: Jesus is the living water. 3rd Sunday in Lent, Year A

Object: Several bottled drinks including soda pop, fruit juice, and WATER.

Scripture: Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." John 4: 13-14 (NIV)

When visiting a friend, your friend asks, "Would you like something to drink?"

"Yes, I would," you answer.

"What would you like?"

"What do you have?"

"I have soda, fruit juice, and water."

Which drink would you choose? (Give the children time to answer.) Your answer probably depends on whether you are actually thirsty or just want something to drink. The number one choice that children make is soda pop. Now, I must admit that sodas taste pretty good, but if you want something that will satisfy your thirst and provide what your body needs, a soda wouldn't be the right choice. Sodas are high in sugar and have a lot of calories that we don't need. You might think that fruit juice would be a good choice, but surprisingly, they often contain as much sugar and calories as soft drinks. If you want a healthy choice, the choice is clearly water!

In our Bible lesson today, Jesus teaches us the most important lesson about drinking water that we will ever learn. One day Jesus was walking through a town in Samaria. He was hot and tired so he sat down beside a well to rest. A woman came to the well to get some water and Jesus asked her if she would give him a drink. The woman was surprised that Jesus spoke to her because Jews would not usually speak to Samaritans. She said to him, "Why do you ask me for a drink since you are a Jew and I am a Samaritan?"

Jesus answered and said, "If you knew who was asking you for a drink, you would ask him for a drink and he would give you living water."

"You don't even have anything to get water in, how can you give me living water?" the woman asked.

Then Jesus explained, "Whoever drinks from the water from this well will be thirsty again, but whoever drinks the water I give him will never thirst again."

Jesus wasn't talking about the thirst for water from a well, he was talking about a thirst for God. The Bible teaches us that we have a thirst in our heart for the living God and that is a thirst that only Jesus can satisfy. So, when we have Jesus in our heart, he totally satisfies our thirst for God and we will never thirst again!

Dear Father, we thank you for sending Jesus, the Living Water. We pray that each one here today will drink of that Living Water so that they will never thirst again. In Jesus' name we pray. Amen.

The Thirst Quencher



Theme: Jesus satisfies our thirst. Third Sunday in Lent, Year A

Object: A bottle of water or a sports drink.

Scripture: Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." John 4: 13-14 (NIV)

Most of you probably play some kind of sports. If so, you should know that when you are exercising, it is very important to take in plenty of liquids. The question is, what kind of liquids should you drink? Ordinary water, of course, is a good choice, but when you go to the store, the shelves are full of all kinds of sports drinks, energy drinks, and flavored water. It is hard to know what is best.

The advertisement for one popular brand of sports drink says, "It's better than water, juice, or any other drink. It gives your body what it is thirsty for! It gets you going and keeps you going."

Wow! They have me convinced, but one thing I have noticed -- in all of the claims made by Gatorade, not once have they ever claimed that if you would drink their product, you would never be thirsty again. If somebody had something that would do that, they would really have something, wouldn't they? Well, Jesus claimed to have that very thing!

One day Jesus was walking through a town in Samaria. He was hot and tired so he sat down beside a well to rest. A woman came to the well to get some water and Jesus asked her if she would give him a drink. The woman was surprised that Jesus spoke to her because Jews would not usually speak to Samaritans. She said to him, "Why do you ask me for a drink since you are a Jew and I am a Samaritan?"

Jesus answered and said, "If you knew who was asking you for a drink, you would ask him for a drink and he would give you living water."

The woman replied, "You don't even have anything to get water in, how can you give me living water?"

Then Jesus said, "Whoever drinks from the water from this well will be thirsty again, but whoever drinks the water I give him will never thirst again."

Wow! Water that would satisfy your thirst so that you would never be thirsty again! Jesus wasn't talking about our thirst for water from a well, he was talking about our thirst for God. The Bible teaches us that we have a thirst in our heart for the living God -- and that is a thirst that only Jesus can satisfy. So when we have Jesus in our heart, he satisfies our thirst for God and we will never thirst again! Jesus is life! Drink it up!

Dear Lord, you have given us Jesus, the Living Water. May we drink of that Living Water so that we will never thirst again. Amen.

WATER RELAY: Divide children into teams. Each team will run to the water area and fill a water bottle from a bucket and sit the bottle down. Then player will run back to his team and the next player will do the same until all children have had a chance to fill a bottle to the "fill line" and sit down at the team line. First team to fill all their water bottles will be the winners.

DRINK RELAY: Fill small dixie cups with water. Divide the children into teams and run a relay for the children to run to the dixie cups and drink all the water and run back to their team for the next player to do the same until all the children have had a chance to play.

SPORTS DRINK BIBLE VERSE: Give each child a small bottle of a sports drink. Children can be given construction paper to decorate a strip of paper with words from today's Bible verse or lesson and place around the bottle and tape. Encourage children to give their Bible lesson ideas to someone

else after class and share the sports drink and verse with someone to keep.

THIRST QUENCHER SKIT: Let children act out today's lesson about Jesus in Samaria and being hot and tired and needing a rest, as well as the woman coming to the well for water, etc. Encourage all the children then to sit in a circle after the skit and practice saying parts of the Bible verse today.

CIRCLE THIRST QUENCHERS: Children can sit in a circle and be given a mini bottle of water with part of today's Bible verse on it. Children will then rearrange themselves to be in the right order of the Bible verse and then begin saying the Bible verse -- one "bottle" or phrase at a time. To have fun with this first, the children can read their phrases in the order that they first sat down in the circle and then will realize the verse is in the wrong order and can then move around so the verse is in correct sequence.

GIANT WATER BOTTLE CUT OUT OR DRAWING: On a poster board, draw a very large water bottle or soda pop bottle. Let children write parts of today's lesson about Jesus satisfying our thirst. Encourage children draw a small Bible and place their own name in their drawing on this water bottle.

THIRST ADVERTISEMENT: Divide the children into teams and let each team work on an advertisement for JESUS SATISFIES OUR THIRST. After a certain amount of time, let children share their "THIRST ADVERTISEMENT" with the rest of the class!!! Give each team a soda pop bottle for their ad, as well as other props if children desire, such as caps, t shirts, pendants, balloons, etc.

JESUS ART: Let children write GIANT letters J - E - S - U - S on a piece of construction. Add glue and glitter around the edges and write LIVING WATER with bright colored markers. Hang the JESUS ART around the room for children to be reminded that JESUS is the Living Water!