

# WORKOUT: PART ONE

# JOHN 4:1-42

*Believe*  
and  
**LIVE**  
THE GOSPEL OF JOHN



## Read John 4:1-42.

“God is spirit, and those who worship him must worship in spirit and truth.”

- Ponder the necessity of spiritual life and new birth for our worship. Remember John 1:12, Jesus gives the right for us to become children of God, not born of the flesh but of God. Consider John 3:5-6, we need to be born of the Spirit to enter the kingdom of God.
- Ponder the necessity of truth, known through the revelation of God, for our worship. Consider verses like John 1:14, John 14:6, and 1 John 5:20.

What does the narrative of Jesus and the woman at the well teach us about saving faith, belief, trust, and eternal life?

- What does Jesus mean when he says, “if you knew the gift of God, and who [I am], you would have asked him, and he would have given you living water” (vs 10)?
- How does Jesus expose the woman’s true need?
- What is “living water”? Consider verses like Jeremiah 2:12-13, Isaiah 12:2-3, Isaiah 55:1-3, John 7:37-39, and Revelation 21:6.
- What does it mean to thirst for the living water that Jesus offers? Consider verses like Psalm 42:2, John 7:37-38, Matthew 5:6, Matthew 6:33, and Revelation 7:16-17.

Think about your own life, desires, hopes, longings, and aspirations. What do you most thirst for?



## Pray Holistically

Read John 4:23-24, and spend time in prayer as an act of worship to the Lord.

- Father, thank you for the spiritual birth that enables your people to rightly worship you. Apart from your Spirit giving us new life, we are dead and blind. We cannot grasp your revelation. By your grace, we are made alive to worship you with our whole lives (Romans 12:1).
- Pray to give the Lord the honor and glory due His name (Psalm 29:2; Romans 1:21).

## Pray Personally

Read John 4:13-14, and pray that the Lord would make you dissatisfied with the provisions of the world and give you a longing for the eternal life that only comes through Christ.



Whoever does not believe in Jesus is condemned, whoever believes in Him has eternal life. Read John 4:39-42, and think about the reality that the Lord often works through the testimony of His people to bring people to faith in Christ.

Over the last few weeks, you have shared your story of conversion with other believers to rejoice in the hope and life given in the gospel. This week, share your testimony of believing in Jesus with someone who does not know Him.

- Magnify who Jesus is and what Jesus has done.
  - “I know that Messiah is coming” (25). “We know that this is indeed the Savior of the world” (42).
- Talk about your own sin and desperate need for a Savior.
  - “He told me all that I ever did” (30, 39).
- Talk about life and hope that is found in the person of Jesus.
  - “The water I will give him will become in him a spring of water welling up to eternal life” (14).
- Invite them to believe and live.

For more on sharing the gospel in everyday life, check out *Turning Everyday Conversations into Gospel Conversations* and the corresponding [Blueprint Guide](#) from the Resource Center.