

## Week Six "Heartwork": Trust Issues

*People!!! So much potential; such a disappointment! We need people in our lives. We hope for life-giving relationships. Yet, rather than filling us, they often drain us, let us down, even hurt us. We are hoping that loved ones will fill our inner tank and quench our inner thirst. Yet, honestly, often they not only don't quench our thirst but also poke holes in our tank! So, we struggle with continuing to "put ourselves out there," engage in relationships, and TRUST people, because we are so often disappointed. We are designed by God to be relational, but something is off here. What's really going on here in our hearts? What's the heart shift we need to make to break through our trust issues? Our passage this week takes us to a woman who definitely had trust issues. As you read about her encounter with Jesus, watch for her trust issues, her wounds, her blind-spots, and her breakthrough with Jesus.*

Observation: Pray and read the following passage. List your observations (aim for 20). You may find it helpful to read in one or two different translations.

### **John 4:1-30 (NIV)**

**1** The Pharisees heard that Jesus was gaining and baptizing more disciples than John, **2** although in fact it was not Jesus who baptized, but his disciples. **3** When the Lord learned of this, he left Judea and went back once more to Galilee. **4** Now he had to go through Samaria. **5** So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. **6** Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour. **7** When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" **8** (His disciples had gone into the town to buy food.) **9** The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) **10** Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." **11** "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" **12** "Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his flocks and herds?" **13** Jesus answered, "Everyone who drinks this water will be thirsty again, **14** 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." **15** The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." **16** He told her, "Go, call your husband

and come back." **17** "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. **18** The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true." **19** "Sir," the woman said, "I can see that you are a prophet. **20** Our fathers worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." **21** Jesus declared, "Believe me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. **22** You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. **23** Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. **24** God is spirit, and his worshipers must worship in spirit and in truth." **25** The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." **26** Then Jesus declared, "I who speak to you am he."

**27** Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" **28** Then, leaving her water jar, the woman went back to the town and said to the people, **29** "Come, see a man who told me everything I ever did. Could this be the Christ?" **30** They came out of the town and made their way toward him.

*Interpretation:* Sum Up what you saw in a sentence or two.

*Personal Application:* Use the SPECK method to find at least one way to apply this passage in your life, considering especially what "wells" you drink from to fill your inner tank.