



Rest For The Restless

John 4:4-26: 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 noon. 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 livestock?" ¹³ Jesus answered, "Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them 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 ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." ²¹ "Woman," Jesus replied, "believe me, 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 the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the 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, the one speaking to you—I am he."

Two common emphases:

- 1) She came to Jacob's well at noon
- 2) Jesus says she has had five husbands.

Jacob meets Rachel and the Samaritan woman at the well, see Genesis 29:1-18

Captivity of Assyria and Samaria's five husbands, see 2 Kings 17:24-41

"The conversation is intended to show the reader something about Jesus, not primarily about the woman." - Gail O'Day

John 6:35: Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 7:37-38: "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

Her story isn't one of scandal—it's one of searching.

Jeremiah 2:13: "My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water."

"We quickly adapt to the things we think will satisfy us. The promotion, the vacation, the new relationship—after a short time, the emotional high fades." — Harvard Review on the Science of Happiness

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

Living water only exists where worship is properly ordered. True worship involves spirit and truth, heart and mind, affection and attention.

Worship is the intersection of affection, attention, and action.

"You don't get to decide to not worship. Everybody worships. The only choice we get is what to worship." – David Foster Wallace

"For those of us who desire to follow Jesus, here is the reality we must turn and face: If we're not being intentionally formed by Jesus himself, then it's highly likely we are being unintentionally formed by someone or something else." - Practicing the Way, John Mark Comer

John 4:10: "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."

The problem is not access but awareness.

John 4:14: "Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Pause for Connection (Affection)

10 minutes of quiet before your day starts and as your day ends.

Put your phone in another room.

Pray simply: "Jesus, I'm thirsty for what only You can give. Help me connect with you."

Practice Reflection (Attention)

Make a habit of journaling or praying through one question each day:

"What am I trying to quench my thirst with today?"

Isaiah 55:1: "Come, all you who are thirsty, come to the waters..."

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.