

"Never Thirst Again"

Jesus and the Woman at the Well

John 4:5-42 NIV

Bible Lesson & Activities for Children



THE **SUNDAY SCHOOL** STORE

Never Thirst Again!



What do we need to live? The answers might seem fairly simple, but what does it mean to be spiritually alive? For children, it can be challenging to understand some of the metaphors Jesus used in His earthly ministry, and what they have to do with our lives. This lesson discusses the story of the woman Jesus met at the well, and how He promised living water that would bring eternal life. We have access to that living water, too, and it is just as essential for our souls as food and water are to our physical bodies!

Jesus gives us what we need. He provides for us in ways that we might not even fully understand. Sometimes it can be difficult for children (or adults) to understand metaphors, and it might be tricky to imagine how Jesus is our “food” or “water.” Sure, we need physical nourishment to sustain us. But even more importantly, we need our souls to be fed, and that only comes through Christ. His blood has given us salvation and allows us to have all we need. Snacks might still leave us hungry for more, but Jesus satisfies what we truly need.

Passage: John 4:5–42

Target Audience: Kindergarten–6th grade

Materials Needed: Cups, food items, water bottles, water jugs, magazines, tape, glue, markers.

More Resources Online

- Watch the [video demonstration of the object lesson](#).
- Watch the [video example for the craft projects](#).
- Watch the [video Bible story “Woman at the Well”](#) from Crossroads Kids Club
- Watch the [video Bible Bible story “Jesus and the Woman at the Well”](#) from Saddleback Kids
- For more free Bible illustrations, visit [Christian Clip Arts](#) and [Ministry-To-Children’s Coloring Pages](#)

Object Lesson (5 minutes)



Greet children, and discuss things that we need for life...

Hello, children of God! What do you need to live? What are some things that you have to have in order to stay alive? (Allow responses). We all need certain things to keep our bodies alive. (Hold up items as described). We need food to keep our bodies going. It's good to have a variety of foods, of course. Your body can't be fueled just by candy... What else do we need? Of course, we need water! Did you know that your body is actually made largely of water? We have to have it to keep everything working in our bodies. You couldn't stay alive very long without water. It's important to drink a lot of water, not just when you're thirsty, but all the time.

So food and water keep us physically healthy. But what do you need to stay spiritually healthy? That might sound like a tougher question, and maybe even a confusing one. What does it mean to have spiritual health, and how do we get that way? Jesus talked about this in the Bible, and it often confused people then, too.

For instance, Jesus had an interesting conversation with a Samaritan woman one day, and He described Himself as water. This lady was at a well, and He asked her for a drink of water. He then told her that He had water that would never make her thirsty again! Naturally, she wanted to know more about what kind of water that might be, and Jesus explained that HE was what she truly needed. Drinking water is fine and good, but leads back to thirst again. The water that Jesus has offers eternal life. The woman was shocked and perplexed at first, especially that Jesus would even want to talk to her. But she realized as He spoke that this was the Messiah, the Savior that would give her what she

truly needed for life. She was so excited that she ran into town and told everyone she knew about who she had just met, and they believed, too, as a result.

Well, after that conversation, the disciples of Jesus came to Him and tried to give Him some food. But He told them that He had food they didn't know about. Naturally, that seemed strange, and they wondered if somehow He had mysterious food from somewhere. Jesus told them His food was to do God's will. Jesus meant that He was what they needed, too. He is our food and water. He is what we need more than anything else. Yes, it's important to eat and drink, but what will truly satisfy our deeper needs is Jesus. He gave His body and blood for us on the cross. He died in our place and wants us to remember that sacrifice. So how do we maintain that spiritual health? We read God's word and learn more about Jesus. We worship Him at church. And we can pray, bringing to God our needs, praises, and questions. He always hears us and loves us as His dear children.

Prayer: (Invite the children to repeat each line)

Dear God,

Thank you for giving us living water!

You give us eternal life

And we know we can count on you.

Thank you for your love

We love you, God!

In Jesus' name, Amen!

Game & Activities Suggestions (10 minutes)



This passage focuses on how Jesus satisfies our soul needs, just like food and water provide what our bodies need. Water, thirst, hunger, and spiritual care are themes in this lesson. Open with some activities to spark thought and introduce themes. Some possible ideas include:

- Draw from the well relay: split the group into two lines for a relay race. Have students take turns running across the room with a cup and dipping the cup into a large pitcher or bucket of water, carefully coming back to empty the cups in another container. The first group to reach a marked fill line wins. This is especially fun to play outside on a warm day!
- Water taste test: provide samples of various brands or types of bottled water (flavored would be easier for this, but for extra challenge, use plain flavorless water). See if students can identify which waters go with which brands, based on taste alone.
- Beverage grab: rather than a taste test, try a “feel test”! Place containers of different types of drinks in a bucket, and have students attempt to identify what drinks they are, solely by feeling them.
- How thirsty are you? Provide students with thirst-inducing foods, such as salty crackers or spicy treats. See how long it takes them to feel extra thirsty, and test which types of drinks quench thirst the best (water, Gatorade, etc.).
- Put the verse together: have parts of a Bible verse from the passage written on various slips of paper, and tuck the papers into cups, hidden around the classroom.

Have students hunt for the cups, and then put the phrases together to identify the verse. To make it a competitive game, split into two teams, and race to see which identifies the verse first.

Explain to students that today's lesson is about a special kind of water that will make us never thirsty again! Jesus is our food and water, in a sense, and we will learn how He helps us to grow strong in our faith and love for Him.

Main Bible Teaching (15 minutes)



This passage is a bit longer, and can be approached in a variety of ways. For younger students, you may wish to paraphrase things or find a story book version. You could also assign parts and have children act it out, to an extent. Older participants may be able to take turns reading verses, and pause to clarify parts of the passage and identify what is going on.

John 4:5-8 NIV *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.)*

The story opens with Jesus returning from a journey. Explain that He was passing through Samaria, and that the people of Samaria were generally not very well regarded by the Jewish people. They did not get along well. Jesus was tired and thirsty from His travels, and stopped to ask a woman for a drink. Point out that it was odd for Jesus to be talking to a woman (in those days, women were not seen as equal to men), and even stranger to be associating with a Samaritan.

Ask: Can you think of someone you normally avoid talking to? Who would you be surprised to hear from?

John 4:9-15 NIV *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."

Ask: What is something that you think very few people know about you?

Are there parts of this conversation that surprise you or confuse you? If so, you're not alone! The woman was also slightly confused.

The woman was surprised by the request Jesus made, as she knew that He was a Jew and had different beliefs than she did. It must have also been surprising and perplexing that He told her of water that would make her never thirsty again. What kind of "magical" water would make someone never have to be thirsty? She wanted that water, but Jesus wanted to give her more than just liquid refreshment.

John 4:16-26 NIV 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."

Jesus revealed to this woman who He was, and what He meant by having such special "water." He told her about her life (which included details she might not have been too proud of). He also mentioned how worship would soon be not just in a single place, but based on a person. When the woman mentioned that she was waiting for the Messiah, Jesus told her that He was the one she'd been longing for!

John 4:27–30 NIV *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 Messiah?" (30) They came out of the town and made their way toward him.*

Ask: Have you ever gotten news that was so amazing you had to share it with someone? Who would you tell first if you got great news?

The woman did not doubt or hesitate to believe what Jesus told her. She was so excited that she left her water jug and ran into town to tell everyone she knew that she had encountered the Messiah.

Meanwhile, the disciples had come back from grocery shopping, and were a little surprised to see Jesus talking with a Samaritan woman. However, they didn't say anything. Instead, they tried to get Him to eat something. In response, Jesus gave them some confusing words, too.

John 4:31-38 NIV *Meanwhile his disciples urged him, "Rabbi, eat something." (32) But he said to them, "I have food to eat that you know nothing about." (33) Then his disciples said to each other, "Could someone have brought him food?" (34) "My food," said Jesus, "is to do the will of him who sent me and to finish his work. (35) Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. (36) Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. (37) Thus the saying 'One sows and another reaps' is true. (38) I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."*

The disciples didn't understand what Jesus said, because they were trying to take what he said literally. They couldn't figure out where He might have gotten food since he'd been sitting by the well the whole time. But Jesus told them He was speaking of a different kind of food. Elsewhere in the Gospel of John, Jesus tells His disciples that He is the "bread of life." He means that He is even more important than earthly food, when it comes to spiritual matters. We eat and drink, and get hungry and thirsty again. But when we know that Jesus gave His body and blood for us, we recognize that they satisfy a deeper need.

Ask: How can we get to know Jesus better? How do we get “soul nourishment?”

John 4:39-42 NIV *Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." (40) So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. (41) And because of his words many more became believers. (42) They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."*

Ask: Who can you tell about Jesus? How can you share His love with others?

This woman had one meeting with Jesus, and knew that He was something special, someone she had to tell others about. She realized that He could give her what she truly needed. Food and water are important to us for sustaining daily life, but deep inside, we need Jesus, too, and so does everyone! He loves each and every one of us and wants us to know Him. We should be so excited about what He does in our lives that we are eager to share that good news with others, and to be thankful for Him!

Craft Activities (15 minutes)

Jesus is our food and water! Just as we need physical elements to keep our bodies alive, we need God and His word to maintain our spiritual health. These crafts remind students of how important that is. A "Bread of Life Collage" compares food to spiritual hunger and satisfaction. A "Cup Overflowing" recounts the living water of Christ and doubles as a verse memorization tool. Let's get crafting!

Craft one: “Cup Overflowing” Memory Tool

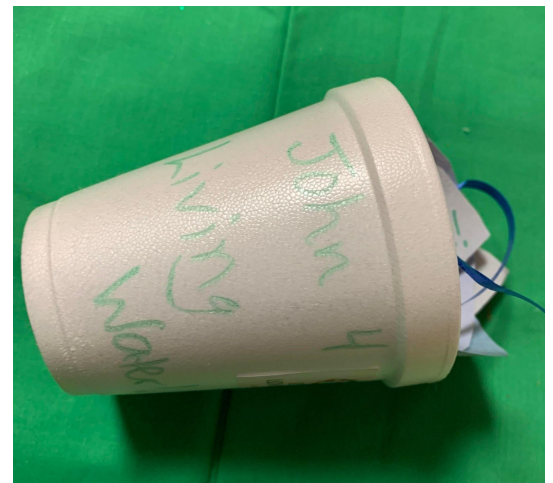
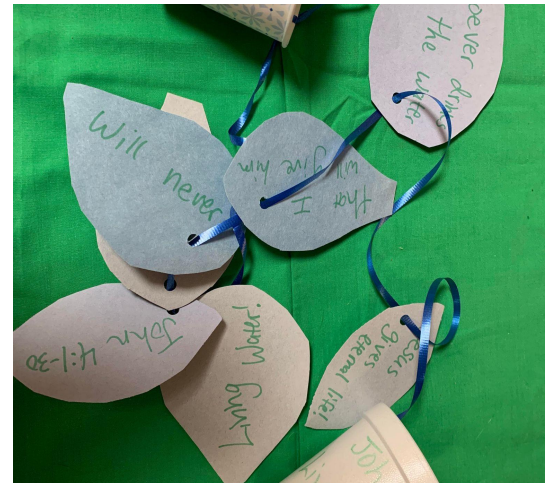
You will need:

- Construction paper or cardstock
- Scissors
- Cups (Styrofoam or plastic)
- Markers or decorating materials
- Hole punch
- String, yarn, or ribbon



Procedure:

1. Decorate the outside of the cup with verses or captions, adding stickers or extra elements as desired.
2. Cut construction paper or cardstock into water drop shapes.
3. On the “water drops”, write out the words to one of the Bible verses, placing a few words on each drop to write out the entire verse.
4. Hole punch the water drops, and place them on the string or ribbon.
5. Place the string with water drops inside the cup.
Additional option: place another cup inside the first, as a “bucket” to draw the “drops” up and practice the memory verse.



Craft Two: “Bread of Life Collage”

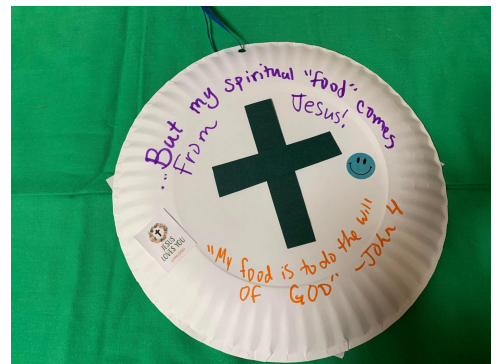
You will need:

- Paper or cardstock
- Scissors
- Magazines with pictures of food
- Paper plates
- Glue and/or tape
- Decorative materials (markers, crayons, stickers)



Procedure:

1. Cut several pictures of food out of magazines.
2. On one side of the paper plate, glue or tape the food pictures, and add a caption about food and the physical connection of food and nourishment.
3. On the other side of the plate, add verses and captions about Christ, and include a cross.
4. Place additional decorations on the plate. If desired, attach a ribbon or string to hang the decorative collage and remember the true “bread” and source of life, Jesus!



John 4:13-14 NIV

Jesus answered, "Everyone who drinks this water will be thirsty again, 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."







Word Search Puzzle

DISCIPLES – DRINK – ETERNAL – HARVEST – JACOB – LABOR – MESSIAH
MOUNTAIN – RABBI – SAMARIA – SAVIOR – THIRST – WATER – WELL

B	P	D	I	S	C	I	P	L	E	S
E	T	E	R	N	A	L	D	Q	G	X
R	A	B	B	I	E	D	T	K	D	L
P	O	D	W	D	N	J	X	A	Q	M
J	U	A	J	R	N	K	O	Z	M	O
W	S	A	M	A	R	I	A	B	E	U
K	A	Z	H	J	L	U	U	W	S	N
U	V	T	X	H	A	R	V	E	S	T
W	I	V	E	Y	B	C	X	L	I	A
M	O	B	L	R	O	F	O	L	A	I
P	R	T	H	I	R	S	T	B	H	N

Word Search Answers

