



# The Teachings of Jesus



## SHARE

**your highs and lows**

Break into pairs.  
Listen carefully and record your partner's thoughts in the space provided. Then return to small group and share your friend's highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



## READ

**and highlight the theme verse in your Bible**

"Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty."

"Sir, give me this water, so that I may never be thirsty..."

"Out of the believer's heart shall flow rivers of living water."

John 4:13-14a, 15a, 7:38b



## TALK

**about how the Bible reading might relate to your highs and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

## IMAGES

1. Choose either the cover photo, cartoon or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

## ROLE PLAY

Assign roles and take turns acting out the following:

1. A friend says, "Jesus, Mohammed, Buddha—they are all the same. It doesn't matter what you believe, as long as you are sincere." Respond.
2. You are in a desert near a broken-down truck. The people around you are parched. You pull bottles of fresh, clean water out of your backpack and offer them drinks. Some don't believe you have water, even when they see it. "It's a mirage!" Some don't want any of your water. "I'd rather have coffee!" Some make excuses. "I'll get serious about drinking water when I am old." Some have punctured the truck's gas tank and are about to drink that. "It's all the same! It's clear liquid!" Some have other excuses. Respond.

## QUESTIONS TO PONDER

1. Who was the best teacher you ever had? What made them such a good teacher? Do they know how much you appreciate them?
2. List three people who know you really well. How did they get to know you? Based on your answer, how can you get to know God better?
3. The Samaritan woman was trying to quench her thirst with sex. What are some ways people your age try to fill their thirst?

## QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

*When the student is ready, the teacher will appear.*

*Ancient Chinese Proverb*

*All water is holy water.*

**Rajiv Joseph**

*Water always goes where it wants to go, and nothing in the end can stand against it. Water is patient.*

**Margaret Atwood**

*The Penelopiad*

*People stumble over the truth from time to time, but most pick themselves up and hurry off as if nothing happened.*

**Winston Churchill**

*The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with a sharp stick called truth.*

**Dan Rather**



Write a definition...

**JESUS**

**LIVING WATER**

**PROPHET**

**THIRST**

**WATER**



Samaritan Woman at the Well by Dr. He Qi (www.heqigallery.com)



**PRAY**  
for one another's  
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

**Prayers for Highs**

**Prayers for Lows**



**BLESS**  
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER  
1 THING**

Jesus is more than a teacher, a healer, and a shepherd. He is God.



**FAITH**  
INKUBATORS

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