



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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