



## TEACH IT HIGH SCHOOL 1 SESSION 4

### 1. Materials

For this session each student will need—

- the Session 4 Scripture sheet
- the student journal page for Session 4
- his or her own Bible, a pen, and a notebook

You'll also need—

- a whiteboard and markers
- a pack of colored pencils (at least two colors per student)

**EXERCISE HEADS-UP:** Session 5 Teach It guides contain a closing option of taking communion as a group, which will take some extra prep. You may want to look at that option now.

**ADDITIONAL EXERCISE HEADS-UP:** The Session 6 Teach It session for High School 1 calls for a video option (Digging Deeper Option 2: Video Recap) that will require some advance preparation, including recruiting a few students. You may want to look at that option now if you're using that guide.

### 2. Session Intro

#### GOALS OF SESSION 4

As students experience this session, they will—

- examine the details of a dialogue between Jesus and a Samaritan woman.
- discover the kind of worshiper God is looking for.
- be challenged to become that kind of worshiper.

#### PRAYER

Read aloud the verses from Habakkuk below to help your group members prepare their hearts. Share that it's easy to let things we can see (the physical) rather than what we can't see (the spiritual) shape our worship. Ask the Lord to open their spiritual eyes to the worship he desires through this study in John 4.

**“Woe to him who says to wood, ‘Come to life!’ Or to lifeless stone, ‘Wake up!’ Can it give guidance? It is covered with gold and silver; there is no breath in it. But the LORD is in his holy temple; let all the earth be silent before him.” (Habakkuk 2:19-20)**

#### OPEN

*Distractions*

Before you dive in, ask a few questions about distractions.

**What are some things that can distract you when you're trying to—**

- study?
- practice (music, a sport, etc.)?
- take a test?

Then ask the question below, and let the group brainstorm 10 to 12 ideas. List these on one side of the whiteboard—then don't erase it. You'll refer to this list later in the session.

**What are some things that can distract you when you're trying to worship?**

- hunger
- a busy schedule
- the temperature of the room
- daydreaming
- friends talking
- mistakes in the church bulletin or worship folder


Transition into the study with a statement like this:

**Our physical surroundings have a way of crowding out our spiritual needs. That's why it's so easy to get distracted when we worship.**

### 3. Digging In

*Testing the Waters*

Ask the group to read John 4:1-15 using their Scripture sheets. As they read, have them—

**Mark every mention of water with an ocean wave . It will help if you use two colors—one to mark physical water (the woman's type of water) and another for spiritual water (Jesus' water).**

When most students have finished, discuss what the group learned about Jesus' water. Record their insights beside the distractions you've already listed on the whiteboard. Your list will look something like this:

#### Jesus' Water

- Jesus gives it (v. 10).
- It's living (v. 10).
- If you drink it, you'll never thirst again (v. 14).
- It will become a spring that wells up into eternal life (v. 14).

After you've listed these main points, ask—

**To what extent did the woman understand Jesus' living water?**

*After some discussion, draw their attention to verse 15. The woman understood what physical water was, and she wanted some because she was tired of bringing her bucket to the well. But she didn't quite get the idea of "living" water.*

**Remember our brainstorming time at the beginning? How does what we listed earlier relate to this conversation between Jesus and the woman?**

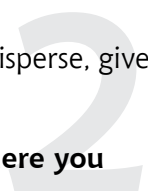
*Point out the list of things the students said distracted them from worship written on the whiteboard. Guide them to the idea that we can get so caught up in physical things that we miss the spiritual gift Jesus wants to give us.*

### 4. Digging Deeper

*This Just In*

Explain that the group will do the Digging Deeper exercise as a personal retreat with God. Before they disperse, give a few instructions:

- 1. Find places—such as a corner of the room, a hallway, or an empty room nearby—where you can listen to God without any distractions.**



**2. Be sure to take your Bibles, Scripture sheets, journal pages, and pens.**

**3. You'll be doing the Digging Deeper exercise on your journal pages.**

Students will read the passages under Digging Deeper and list what they find. We've provided possible observations from the exercises below for your reference.

### **Jesus on Worship**

*-True worshipers worship the Father in spirit and truth (v. 23).*

*-The Father seeks this kind of worshiper (v. 23).*

*-God is spirit; his worshipers must worship him in spirit and truth (v. 24).*

## **5. Cross-Checking**

*The Perfect Metaphor*

Create a worship experience with the passages noted below. Copy these passages from Bible software or from [www.biblegateway.com](http://www.biblegateway.com) into a PowerPoint or MediaShout presentation that you can project. If you don't have presentation or projection capability, simply print out the passages for students to pass around, or students can use their Bibles. Play a worshipful song in the background.

After a few minutes, call your students back from their Digging Deeper retreat and move directly into the worship experience you've prepared. Before you begin, share the following thoughts in your own words:

**John 4 isn't the only place where God's Word uses water as a picture of salvation. I'm going to show you some of these other passages. As you look at these verses, ask God to teach you about salvation and spiritual water, just as Jesus taught the woman at the well. Read these verses as if God is speaking these words directly to you—because he is.**

**Isaiah 12:1-3**

**Isaiah 49:8-10**

**John 7:37-39**

**Revelation 21:5-6, 22:17**

### **LARGE-GROUP OPTION**

Divide into smaller groups of six to eight students and discuss these questions.

## **6. Taking It Inward**

*The Truth of Worship*

After students have experienced the verses from Cross-Checking, help them process their experience by asking the questions below.

**Why do you think God is such a fan of water as an analogy for salvation?**

*There is no right answer here. Possible responses include:*

*-Water is something the human body craves and needs to survive.*

*-The earth is 75 percent water; the human body is 50 to 60 percent water—water is a major ingredient in creation.*

*-Water was a hot commodity in Old and New Testament days.*

**Look back at John 4:23. What kind of people is God seeking?**

*He is seeking those who worship him in spirit and truth.*

**When you come to church for worship, what things are usually on your mind?**

**The opposite of worshiping *in spirit* is worshiping *in the physical realm*. Which do you think our group (or church) does more—worship in the physical realm or the spiritual realm? Why?**

**If God desires people who worship him in spirit and in truth, why do you think many churches and youth groups experience “dry” worship?**

*When people are worshiping in the physical realm, they’re on a road that will never intersect with what God wants. They need living water to cure their dry worship!*

**Speaking of truth, what was the ultimate truth Jesus conveyed to the Samaritan woman? (Hint: See John 4:25-26.)**

*He is the Messiah.*

**How does this revelation relate to what Jesus taught the woman about worship?**

*Point out to your students that to “worship in truth” means to worship in authenticity and sincerity. But true worship must also entail recognizing Jesus as the Messiah—anything less than that isn’t authentic worship and may simply be a form of “playing church.”*

## **7. Wrapping It Up**

*Jesus-Style Worship*

After you read each question below, have students write responses on their journal pages that will remind them of what God said to them during this session.

**Jesus said if we believe in him, streams of living water will flow from our innermost beings. What changes do you need to make so your spiritual life can be described this way?**

**How can you change your worship habits so that you worship God in the way he’s seeking—in spirit and in truth?**

**Jesus wasn’t just referring to Sunday-morning worship, but to a lifestyle of worship. What can you change in order to worship *daily* in spirit and in truth?**

Ask any volunteers to share their insights. Discuss setting a time when the group can practice worshiping in spirit and in truth. It doesn’t have to be elaborate (with a band, lighting, etc.). In fact, it’s better to keep it simple and free of distractions. Maybe you could gather at a nearby park, or you could meet in the basement or great room of a student’s home. Commit to making it a time of distraction-free, sincere worship.