



# Calvary of Albuquerque

## Refreshment! - John 4:1-14

From the Series, Believe:879

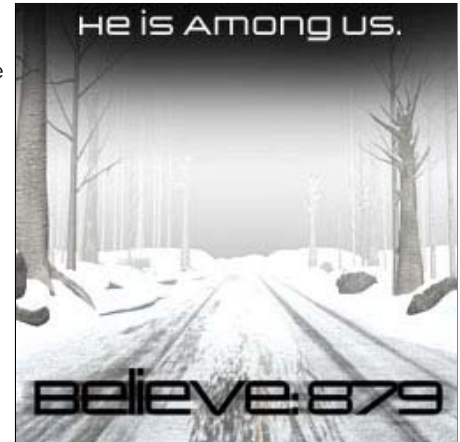
By Pastor Skip Heitzig

### MESSAGE SUMMARY

You know the feeling of swallowing ice-cold water on a hot day or after a savory meal—it's refreshing! That cool, invigorating sip revitalizes you from the inside out and makes you say, "Ahh!" Well, that experience is not limited to the physical realm, but is even more satisfying in the spiritual realm when dealing with Living Water. Jesus came to give thirst-quenching spiritual life to every parched soul on the planet. When was the last time you drank deeply?

### OUTLINE

- I. The Need is Universal (vv. 1-4)
- II. The Task is Formidable (vv. 5-7)
- III. The Heart is Insensible (vv. 8-12)
- IV. The Savior is Capable (vv. 13-14)



For Home Fellowships:

1. When were you most thankful for a drink of water? Why? When did you last experience a satisfying drink of Living Water? Why is water a good metaphor for spiritual life?
2. How is the universal need for the quenching of spiritual thirst seen in our culture?
3. Do you notice any similarities in how people respond to Christ today and how the Samaritan woman responded to Him?

### DETAILED NOTES

Jesus doesn't offer more stuff; what He promises is refreshment. "Living water" is inward spiritual quenching of the life thirst of the individual. True refreshment is a spiritual condition, not a physical, emotional, or psychological condition. (Acts 3:19)

- I. The Need is Universal (vv. 1-4)
  - A. Everyone has a need for spiritual refreshment
  - B. Jesus needed to go to Samaria
    1. Long way around
    2. Not a place a Jew would want to go
      - a. Samaritan history of wrong worship  
Jeroboam instituted calf worship, animosity between the northern and southern kingdoms. 722 BC the Assyrians took the Northern kingdoms captive resulting in intermarriage and muddling between the Jews and other nations and religions. 586 BC Babylon destroyed the temple. The Samaritans wanted to help rebuild it, but the Jews wouldn't allow it. 330 BC the Samaritans built a rival temple on Mount Gerizim, instituting a rival worship system.
      - b. Jews would go the long way to avoid Samaria
      - c. People in Samaria needed the gospel
  - C. Nicodemus and the Samaritan woman
    1. He was a Jew; she was a Samaritan
    2. He was a Pharisee; she had a rival religion
    3. He was a politician; she had no status
    4. He was a scholar; she was uneducated
    5. He was highly moral; she was immoral
    6. He was named; she was nameless
    7. He was a man; she was a woman
    8. He came at night; she came at noon
    9. He sought Jesus; Jesus sought her
  - D. Nicodemus represents the truth that no one is above the need for the gospel
  - E. Samaritan woman represents that you can't be too low to be noticed and wanted by Christ
  - F. Opposites with common ground: their need for Jesus (Romans 3:23, Isaiah 53:6)
- II. The Task is Formidable (vv. 5-7)
  - A. Jesus and his disciples walked to Samaria in the heat of the day, wearing sandals, they were weary

1. Tired while serving others
  2. Jesus was always surrounded by others; He worked late into the night and rarely had time alone
  - B. Jesus reached out to people even on the edge of physical exhaustion
  - C. To do something great requires great energy
  - D. Have you ever wearied yourself in the pursuit of the souls of others?
    1. Why would a missionary weary self to reach others?
      - a. Because Jesus said Go! (Matthew 28:19)
      - b. Most of the world doesn't know the gospel
      - c. It's been 2000 years, but most people haven't heard the gospel
    2. We can't all go across the world, but we can go across the street
- III. The Heart is Insensible (vv. 8-12)
- A. Jesus moves the conversation to deeper spiritual levels
  - B. The Samaritan woman doesn't understand it
    1. Sarcastic tone
    2. "If you knew"
    3. Living water, flowing water
      - a. Not stagnant in a cistern
      - b. Moving in a stream
      - c. Old Testament references (Psalm 42:1,2, Isaiah 12:3, Jeremiah 2:13)
  - C. People are thirsty
    1. They don't admit it
    2. They don't recognize it
  - D. Both Nicodemus and the Samaritan woman respond to Jesus in a literal way because spiritual truth is foolishness to the natural man (1 Corinthians 2:14)
- IV. The Savior is Capable (vv. 13-14)
- A. What He promises, He can perform
  - B. Attempting to quench spiritual thirst with worldly things is futile
    1. Satisfaction doesn't come naturally
    2. "If only" syndrome
  - C. Permanent refreshment
    1. Comes from Jesus, supernaturally
    2. When Christ is in you, you don't have to look on the outside

Figures Referenced: William Phelps, Oswald Sanders, R. Kent Hughes

Cross References: Psalm 42:1,2, Isaiah 12:3, Isaiah 53:6, Jeremiah 2:13, Matthew 28:19, Acts 3:19, Romans 3:23, 1 Corinthians 2:14