



MITCHELL
BEREAN
CHURCH

Winter 2026 // WEEK 7

Life Group Questions

John 4:1- Knowing Him- Lost & Found

February 22, 2026

Introduction

Some things we buy out of want. Other things we buy out of necessity. In this week's message we step into the moment when Jesus intentionally walks into uncomfortable territory and meets a woman who came looking for water—but discovered something far greater. In John 4, we see what happens when Jesus crosses barriers, exposes what's really going on in a heart, and offers living water to someone who did not expect it.

Together we'll ask three simple but powerful questions: What have you lost? What have you found? And what will you do now? The disciples lose their comfort and discover a harvest. A woman loses her old thirst and finds the truth. An entire community loses its separation and finds the Savior of the world. This moment is about more than a story from Scripture—it's an invitation to recognize what Jesus may be helping you lose and find in your own life, and how your story might point someone else to Him.

Ice Breaker Questions

- 1) If you had to partake in one Winter Olympic Event, which one would you want to participate in?
- 2) What sport do you enjoy watching the most? Favorite team?

Discussion Questions

- 1) The woman at the well does not realize she needs the "living water", she believes she has everything she needs and even believes some of it is answered by having Jacob's Well in her midst. Where does the world look for water that does not satisfy? Where are you tempted to look for water that does not satisfy you?
- 2) We talked about Jesus' need for rest as a reminder that he was fully human and is able to relate to us and our needs for rest. It says in other places that Jesus understands and sees us because he knows us. Describe a moment where you felt seen by Jesus. What does it change knowing that Jesus sees us, all of our problems, all of our mistakes, etc. and still delights in us?

- 3) The woman at the well is possibly marginalized because of her past and even because she is a Samaritan woman. Through these thoughts about her past or even her being a Samaritan would have led people to ignore her and not associate with her. Who in Scottsbluff County could fall in this category? How could we follow in the example of Jesus and reach these groups of people? What stops us?

- 4) As Jesus and the woman are talking, Jesus begins to ask about the woman's husbands and as He does this she pivots and wants to talk about where they should be worshipping. What do you do in order to deflect from talking about hard things? (maybe social media, tv, working out, food, video games, work, etc.) What is something Jesus is trying to talk to you about, but you are changing the topic?

- 5) Scripture calls us to "die to ourselves", referencing that we all lose something or have to give something up that is fighting for control of our heart. What have you had to lose in coming to Jesus? What is Jesus calling you to give up now? How can this community help you in that journey?

Personal Spiritual Exercises

Just like physical exercises help strengthen and stretch our bodies for healthy living, these spiritual exercises are meant to move us spiritually in ways that may be new so that we might experience inner growth. Since God longs for us to experience Him with our whole selves—mind, body, spirit— we invite you to strengthen your souls with exercises that challenge and stretch you in new ways. Choose one and commit to repeating it until you gain strength in that area.

- 1) Scripture Reading: to listen and soak in the Word as an experience of the words washing over you. Read or listen to John 4 at least 3X this week.

- 2) Memorization: to internalize God's Word. Memorize Romans 6:5-7 and internalize the truth present in these verses.

- 3) Walk & Pray: to actively engage with the scripture passage. Write out the passage of the sermon from this week on a note card and take it with you on a daily walk.

- 4) Journal Reflection: to practice being reflective of your life. Take time and journal what is fighting for your heart today. What is the Lord calling you to give up today? What do you fear will happen if you give it up?

Prayer

This is a time for you to close in prayer as a group. Some groups have one person pray and others have everyone

pray. This could also be a time for you to collect prayer requests from everyone in the group. However you go about closing in prayer, there is a temptation to make it about all the requests the group may have for God and although prayer is a great way to bring our petitions before the Lord, it should not be our main focus. Our focus should always be to glorify and worship God, while also having room to bring requests before our Father who delights to hear them.

Below are some prayer topics based around the Discussion Questions

- Pray that, as a group, we keep seeking Jesus and know him more and more
- Pray that God will show you what is calling you to give up.
- Pray as a group you would keep growing closer together and share the hard battles going on
- Praise that Jesus is the living water and sustains us and quenches all our desires.