

AIN'T NO MOUNTAIN HIGH ENOUGH / Felley Lawson

Key Text: [John 4:1-42 \(NET\)](#)

THE SET-UP

We're great at erecting barriers among ourselves. But Jesus came to obliterate barriers, no matter how high, low, deep or wide they may be. He'll make barrier-busters out of His apprentices, too, if we let Him.

THE BASICS

- Who were the Samaritans? (Find some help [here](#).)
- Read [Genesis 16:1-14](#). Another woman had an encounter with God and called Him "the God who sees me." What's her story?
- Read [Proverbs 15:3](#). Is the one true God just keeping His eyes on those who believe in Him?

MAP IT

Follow Jesus and His disciples on their journey from Judea to Galilee, right through the heart of Samaria, [here](#).

GRACE IN 3D

Can you think of a time when you were in need, and felt you were seen? It could have been a time you were in physical need, but maybe in mental or emotional need. Let everyone in your group share quickly, or maybe print the question on card stock and set it up on the tables if your group is eating together.

THE BOTTOM LINE

- Our text this week tells us about a conversation between Jesus and a Samaritan woman. History tells us that in first-century Palestine, only divine providence could have brought it about. Jews and Samaritans hated one another. Men and women would never talk openly together in public. And no one would engage a woman who they considered to have questionable strength of moral fiber. So why do you think Jesus connected with this woman? Are you surprised that He did? Do you think He was concerned about the consequences of His actions? Why or why not? **Bottom line: What do we learn here about what Jesus thinks of barriers?**
- How do you imagine the woman felt when Jesus asked her to find her husband and bring him to the well? How do you think she felt when she realized how much Jesus knew about her situation? Put yourself in her shoes: How would you have felt? The Bible teaches us that there's nothing we can hide from God. Do you find that hard to believe? If you believe it, does your relationship with Jesus reflect that? If so, how would you describe that freedom? If not, why? **Bottom Line: How might we live differently if we believe that Jesus really sees us?**
- When Jesus talks to His disciples about "fields that are already ripe for harvest," He's using a word-picture to describe missions, which is introducing others to Him. In this particular case, the "fields" are Samaritans whom the disciples have been brought up, their whole lives, to hate. That's a big barrier to cross. But Jesus called them to field-harvesting and barrier-breaking, and He calls us to the same. How are we to know when the time or situation is right to be witnesses for Christ? Is the Holy Spirit prompting you to share Christ with someone, or a group of someones, right now? How do you know? What's your answer? **Bottom Line: Where are our "fields already ripe for harvest"?**

REFLECTION

Are there places in your life where God wants you to trust Him more fully for grace and forgiveness? What's holding you back? Do you want to be obedient when you're prompted to share Christ, but you're struggling to break through barriers of some kind? Pray for healing this week. Ask the Holy Spirit to give you strength and discernment; to help you put aside your fears, prejudice and will, and to submit to Jesus' leadership. Write down how the Spirit responds to your prayers.

DEEP TRACKS

- “Commentary on John 4:1-42” with “The Woman at the Well” narrative podcast, *Working Preacher*
- “Conversation with a Samaritan Woman” with NET notes from *Lumina, Bible.org*
- “Samaria,” *Encyclopaedia Britannica*

THE MASH-UP

- “The Marginalized Voices of the #MeToo Movement,” *The Washington Post*
- “Do Not Be Served, Instead Be At Service,” *National Catholic Reporter*
- “Is Neighborly Love Enough in The Good Place?” *Christ and Pop Culture*

LOOKING AHEAD

Jesus heals a blind man and infuriates blind Pharisees. Read about it in [John 9:1-41](#) (NET).

JOURNAL

During your time alone with God this week, meditate on [John 4:24](#). Each day, emphasize different words or phrases in these verses. Write down what the Holy Spirit teaches you, along with specific ways you can apply it in your life today.

Day 1: God is spirit, and the people who worship him must worship in spirit and truth.

Day 2: God is spirit, and the people who **worship him** must worship in spirit and truth.

Day 3: God is spirit, and the people who worship him **must** worship in spirit and truth.

Day 4: God is spirit, and the people who worship him must worship in **spirit** and truth.

Day 5: God is spirit, and the people who worship him must worship in spirit and **truth**.
