



Week #3: Uncomplicate Shame

To get there, he had to pass through Samaria. He came into Sychar, a Samaritan village that bordered the field Jacob had given his son Joseph. Jacob's well was still there. Jesus, worn out by the trip, sat down at the well. It was noon. A woman, a Samaritan, came to draw water. Jesus said, "Would you give me a drink of water?" (His disciples had gone to the village to buy food for lunch.) The Samaritan woman, taken aback, asked, "How come you, a Jew, are asking me, a Samaritan woman, for a drink?" (Jews in those days wouldn't be caught dead talking to Samaritans.) Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water." The woman said, "Sir, you don't even have a bucket to draw with, and this well is deep. So how are you going to get this 'living water'? Are you a better man than our ancestor Jacob, who dug this well and drank from it, he and his sons and livestock, and passed it down to us?" Jesus said, "Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever. The water I give will be an artesian spring within, gushing fountains of endless life." The woman said, "Sir, give me this water so I won't ever get thirsty, won't ever have to come back to this well again!" He said, "Go call your husband and then come back." "I have no husband," she said. "That's nicely put: 'I have no husband.' You've had five husbands, and the man you're living with now isn't even your husband. You spoke the truth there, sure enough." "Oh, so you're a prophet! Well, tell me this: Our ancestors worshiped God at this mountain, but you Jews insist that Jerusalem is the only place for worship, right?"

John 4:4-20 (MSG)

4 Roadblocks the Woman at the Well Believes:

- She is not the right _____. (v. 9).
- Hers are not the right _____. (vv. 11–12).
- Her past is too _____. (v. 17).
- She's not in the right _____. (vv. 19–20).

Jesus shows her the way through the roadblocks.

“It’s who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That’s the kind of people the Father is out looking for: those who are simply and honestly themselves before him in their worship. God is sheer being itself—Spirit. Those who worship him must do it out of their very being, their spirits, their true selves, in adoration.” The woman said, “I don’t know about that. I do know that the Messiah is coming. When he arrives, we’ll get the whole story.” “I am he,” said Jesus. “You don’t have to wait any longer or look any further.”

John 4:23-26 (MSG)

- Your _____ is your shortcut through _____.

Many of the Samaritans from that village committed themselves to him because of the woman’s witness: “He knew all about the things I did. He knows me inside and out!” They asked him to stay on, so Jesus stayed two days. A lot more people entrusted their lives to him when they heard what he had to say. They said to the woman, “We’re no longer taking this on your say-so. We’ve heard it for ourselves and know it for sure. He’s the Savior of the world!”

John 4:39-42 (MSG)

When it comes to shame:

- Don’t _____ it, let Jesus _____ it, by _____ it and _____ it.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 (NIV)

Confess your sins to each other and pray for each other so that you may be healed.

James 5:16 (NLT)

He canceled the record of the charges against us and took it away by nailing it to the cross.

Colossians 2:14 (NLT)

Discussion questions:

1. Which of the four roadblocks—**identity, circumstances, a messy past, or location**—do you most often feel prevents you from approaching God?
2. In what areas of your life are you currently drinking from "wells" that leave you thirsty, and what would it look like to trade that for the "generosity of God"?
3. How does the reality that Jesus already knows your "messy past" change the way you feel about the need to hide your shame from Him?
4. How can you practice confession—either in private to God or honest conversation with a trusted person—to allow Jesus to begin healing a specific area of shame?

Recommended resources:

[Uncomplicate It: Permission to Enjoy God in Your Unique Way](#) by Hosanna Wong

[The Soul of Shame](#), by Dr. Curt Thompson

[Get Past Your Past: How Facing Your Broken Places Leads to True Connection](#), by Jason VanRuler

[What Comes Next: 40 Days of Healing After Heartbreak, Burnout, or Brokenness](#) by Jess Connolly

(MSG) The Message Bible (NIV) New International Version (NLT) New Living Translation

[FILL COPY]

Week #3: Uncomplicate Shame

To get there, he had to pass through Samaria. He came into Sychar, a Samaritan village that bordered the field Jacob had given his son Joseph. Jacob's well was still there. Jesus, worn out by the trip, sat down at the well. It was noon. A woman, a Samaritan, came to draw water. Jesus said, "Would you give me a drink of water?" (His disciples had gone to the village to buy food for lunch.) The Samaritan woman, taken aback, asked, "How come you, a Jew, are asking me, a Samaritan woman, for a drink?" (Jews in those days wouldn't be caught dead talking to Samaritans.) Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water." The woman said, "Sir, you don't even have a bucket to draw with, and this well is deep. So how are you going to get this 'living water'? Are you a better man than our ancestor Jacob, who dug this well and drank from it, he and his sons and livestock, and passed it down to us?" Jesus said, "Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever. The water I give will be an artesian spring within, gushing fountains of endless life." The woman said, "Sir, give me this water so I won't ever get thirsty, won't ever have to come back to this well again!" He said, "Go call your husband and then come back." "I have no husband," she said. "That's nicely put: 'I have no husband.' You've had five husbands, and the man you're living with now isn't even your husband. You spoke the truth there, sure enough." "Oh, so you're a prophet! Well, tell me this: Our ancestors worshiped God at this mountain, but you Jews insist that Jerusalem is the only place for worship, right?"

John 4:4-20 (MSG)

4 Roadblocks the Woman at the Well Believes:

- **She is not the right person.** (v. 9).
- **Hers are not the right circumstances.** (vv. 11–12).
- **Her past is too messy.** (v. 17).
- **She's not in the right place.** (vv. 19–20).

Jesus shows her the way through the roadblocks.

"It's who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That's the kind of people the Father is out looking for: those who are simply and honestly themselves before him in their worship. God is sheer being itself—Spirit. Those who worship him must do it out of their very being, their spirits, their true selves, in

adoration.” The woman said, “I don’t know about that. I do know that the Messiah is coming. When he arrives, we’ll get the whole story.” “I am he,” said Jesus. “You don’t have to wait any longer or look any further.”

John 4:23-26 (MSG)

- **Your Savior is your shortcut through shame.**

Many of the Samaritans from that village committed themselves to him because of the woman’s witness: “He knew all about the things I did. He knows me inside and out!” They asked him to stay on, so Jesus stayed two days. A lot more people entrusted their lives to him when they heard what he had to say. They said to the woman, “We’re no longer taking this on your say-so. We’ve heard it for ourselves and know it for sure. He’s the Savior of the world!”

John 4:39-42 (MSG)

When it comes to shame:

- **Don’t hide it, let Jesus heal it, by saying it and sharing it.**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 (NIV)

Confess your sins to each other and pray for each other so that you may be healed.

James 5:16 (NLT)

He canceled the record of the charges against us and took it away by nailing it to the cross.

Colossians 2:14 (NLT)

Discussion questions:

1. Which of the four roadblocks—**identity, circumstances, a messy past, or location**—do you most often feel prevents you from approaching God?
2. In what areas of your life are you currently drinking from "wells" that leave you thirsty, and what would it look like to trade that for the "generosity of God"?
3. How does the reality that Jesus already knows your "messy past" change the way you feel about the need to hide your shame from Him?
4. How can you practice confession—either in private to God or honest conversation with a trusted person—to allow Jesus to begin healing a specific area of shame?

Recommended resources:

[Uncomplicate It: Permission to Enjoy God in Your Unique Way](#) by Hosanna Wong

[The Soul of Shame](#), by Dr. Curt Thompson

[Get Past Your Past: How Facing Your Broken Places Leads to True Connection](#), by Jason VanRuler

[What Comes Next: 40 Days of Healing After Heartbreak, Burnout, or Brokenness](#) by Jess Connolly

(MSG) The Message Bible (NIV) New International Version (NLT) New Living Translation