

Welcome to week 3 of our STAY SALT Series here at CFC...

Before you begin today – **PRAY**, that God will lead you as you discuss His Word.

Andrew reminded us on Sunday that Jesus often met people in **ordinary moments**—like a conversation at a well—and transformed them with **compassion and truth**. In John 4, Jesus saw beneath rejection and shame to the woman’s deeper thirst. As we “**Stay Salt**,” we’re invited to notice our own everyday “**water cooler moments**,” trusting that it’s **not** our job to change hearts, but to see the moment and **reflect Jesus’ love** and rely on **God’s power**..

Discussion Questions

1. When you think about your weekly routine (work, school, neighbourhood, shops), where are your regular “**water cooler moments**”?
2. Read **John 4:4–9**. What does it tell us about Jesus that **He intentionally** went through **Samaria** and engaged this woman?
3. Read **John 4:16–18**. How does Jesus address the woman’s **pain** and truth **without shaming her**? What can we learn from His approach?
4. Why do you think Jesus chose this woman—**the rejected outsider**—to clearly reveal Himself as the Messiah (John 4:25–26)?
5. Read **John 3:16–21**. What do these verses teach us about **God’s heart for the world** and the role of personal choice in responding to Him?
6. In what ways can we confuse **our role** (loving and witnessing) with **God’s role** (convicting and transforming)?
7. **Jesus was tired** when this encounter happened (John 4:6). How does that encourage you in seasons **when you feel weary** or stretched?
8. Think about one person in your life right now who may be carrying hidden pain? Share together one simple, compassionate step you could take this week?

Weekly Challenge - “Notice the Well” ...This week, intentionally look for **one everyday moment** — at work, in a shop, at school pickup, with a neighbour — and choose to **slow down**. Ask one genuine question. **Listen** for what’s beneath the surface. **Respond** with kindness, encouragement, or a simple word of hope. Don’t force a spiritual conversation — just be present and **available**.

Prayer Prompt - Pray together, that God will help us, to see, and love people.