

SERMON SERIES: Flip the Switch
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Key Line

Life change happens when we choose transformation over stagnation in our emotions.

Introduction

We all have emotions. What we feel drives what we do. What we do drives who we become.

- If you could choose one emoji to sum up your life, what would you choose?

Seek the Word

Read John 4:6-30

- Describe the situation between Samaritans and Jews. Between men and women. Why was it surprising that Jesus spoke to the woman? (*Samaritans were considered unclean and there was a lot of tension between Jews and Samaritans. They avoided each other. Men and women were not allowed to speak to one another. They did not interact.*)
- What did he mean by the term “living water”? (*Real change and healing that come from God.*)
- Why do you think Jesus pointed out that the woman had been living an immoral lifestyle? Doesn't this sound harsh? Why do you think he said that? (*Jesus took this opportunity to go right to the heart of why she does what she does. Real transformation cannot come from just dealing with the symptoms. Jesus must change and heal our hearts.*)
- When the disciples returned, the woman left and went to tell her friends about Jesus. What did she leave behind when she left? (*Water*) Why did she leave it?
- What was the reaction of the people in the town? (*They all came out to see Jesus.*) How did her experience affect those around her?

Talk About It

Jesus wants to be the foundation of our life. Two things have to happen for that to occur:

- You must name the emotion that has been controlling you. Emotions that stay buried will bury you. They hold you back. What is the emotion that has been holding you back?
- Confess to God where your emotions led you astray. When we confess he begins healing.

Family

For family-based questions visit our Calvary Kids Facebook page at facebook.com/CalvaryChildrensMinistry/

Bible Reading Plan

Join us as a church family as we read through the New Testament. Download the reading plan at calvary.ch/readthebible/ or on the Calvary.ch App