



THE
FATHER HEART
OF
GOD

The Father Heart of God | Starving Shame | John 4:1-26, 39-42.

1. Read the story of Nicodemus in John 3:1-21 and the story of the Woman at the Well together in John 4:1-26,39-42. What do these two very different conversations teach us about Jesus and the way he reaches individuals?
2. Both Nicodemus and the Woman at the Well are hiding something about themselves that Jesus uncovers. How is shame working itself out in the behaviour and lives of these two individuals? Is this something you relate to or have witnessed in others?
3. Read Genesis 2:25 & 3:6-10 What did Adam and Eve do and what was the result? How was their relationship with God affected? What do these verses tell us about shame? How and why does shame still affect our relationship with God?
4. How would you explain the difference between guilt and shame? Does the Bible make this distinction? Can you think of other examples of people in the Bible who carried shame and how God brought freedom?
5. V9, v17a. Why did the woman come to draw water in the heat of the day? What different feelings of shame was she carrying? Are these all justified? In what ways do we hide or feed our shame and also false shame today?
6. How did the woman's encounter with Jesus change her life? Was Jesus being kind in his question in v16? How does Jesus deal with those things we are so determined to hide from him? V17, 29 & 39. Why do we often find it hard to be honest with God about what's going on inside us that no one else sees?
7. Read together Isaiah 53:3, Hebrews 12:2b and 2 Corinthians 5:21 Why was Jesus willing to endure such shame? Thinking again about Jesus' death in these verses, how has he dealt not only with our guilt but also our shame? How has the way been opened to worship in Spirit and in truth?
8. Read again v39-42 to finish. Let's spend some time worshipping Jesus as we remember our own encounter with him that led to forgiveness and freedom. Let's pray for those we know who live in fear, dominated by guilt and shame, asking for God to use our story to lead others to the Father Heart of God.