



Theme: Tell Me Something Good – Good News in the Gospel of John
“The Samaritan Woman at the Well”

We have a great new way for you to get these Meditation Moments each day directly to your phone. Just text **“med moments”** to **970-426-0700** to receive the **daily Meditation Moment** each morning and start your day grounded in faith and peace.

Weekly Memory Verse:

10 Jesus replied, “If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.” – John 4:10

The season of Lent is the 40 days and 7 Sundays before Easter and we will be reading through the gospel of John together as a congregation. The Meditation Moments contain a reading plan for the Gospel and just a few minutes a day will take you through the entire book. If you get behind, or join us in the middle, don't worry or try to catch up...just join us where we are! Our hope is to experience something good, the Gospel of Jesus Christ, through these readings that bring life and light.

Meditation Moments for Monday, March 2 – Read **John 2:1-25**. John tells us in this story that the jars were used for Jewish rites of purification. Remember that every detail is important in John's gospel and points to something deeper. Why do you think he gave us this detail when he could have simply said, “There were six stone jars”? It appears that the reason we get this detail is because the story is not just about Jesus changing water into wine. Instead, it's about how life in Christ is more joyful than first-century Judaism which had become focused on ritual and rules. 1 John linked that to the story of Jesus cleansing the Temple. John makes it clear that Jesus knew rituals and rules had become obstacles, instead of pointing people to God. Jesus was truly the way to God for those who would follow him.

 Jesus changed water being stored in jars used for ritual purification into “good wine.” It was a sign that Jesus offered a better way than a rigid, repressive ritual

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system. Did you, in your growing up years or later, ever experience faith as rigid and repressive, draining life of joy and satisfaction? When has Jesus changed “water into wine” in your spiritual walk?

 What did verses 24-25 say about Jesus? He clearly was not anti-social as the wedding feast story reveals. In what ways have you learned to put your deepest trust in God's love for you, instead of in people? How can a realistic view of human nature help you love others more and better, avoiding both letting the wishes and opinions of others drive you and the pain of being excessively hurt by their limitations?

Prayer: *Lord Jesus, I'm awed to realize that the same power that changed water into wine is transforming my life. Fill me to the brim with the high-quality life you came to give your people. Amen.*

Tuesday, March 3 – Read **John 3:1-36**. In chapter 3, John's Gospel introduces Nicodemus, a Pharisee who was part of the Jewish religious leadership, and returned to John the Baptizer, the great prophet. Nicodemus' authority came from religious status attained through strict outward piety. John the Baptizer's authority grew from the way his God-given message pointed to the coming Messiah's greatness, not to himself. His humble joy at Jesus' “increase” in verse 30 was an example of the inner rebirth Jesus spoke about to Nicodemus.

 John said Nicodemus came to Jesus “by night.” When he cleansed the Temple, Jesus challenged the Pharisees' power and authority. Nicodemus may have needed the darkness to keep other Pharisees from seeing him with Jesus. That night, Jesus invited Nicodemus to live in the light of God's kingdom. Their talk changed Nicodemus' heart in a profound way. In what kinds of darkness have you come to Jesus? How has God brought you from the darkness into the light?

 When John the Baptizer's followers saw Jesus' growing ministry as a “threat,” the prophet said, “No one can receive anything except what has been given from heaven... [Jesus] must increase, but I must decrease.” Where do you find your source of “joy” and “greatness”? Does John's counter-cultural model of what matters most in life challenge you to rethink any of your attitudes or actions?

Prayer: *Lord Jesus, help me to remember that my “greatness” and “joy” come from you. Give me more of your willingness to connect even with people like Nicodemus who might at first seem like “enemies.” Amen.*

Wednesday's Lenten Service and Soup Supper is at Summit at 6 PM.

Wednesday, March 4 – Read **John 4:1-42**. John said Jesus “had to go through Samaria” in verse 4. That wasn't a geographic requirement in Jesus' day. As a matter of fact, most Jews chose a route that bypassed Samaria. John was describing a spiritual necessity. Jesus had a “divine appointment” to meet a woman even the Samaritans no doubt shunned. He offered her “living water,” and her response made her the first witness to Jesus in John's story. Click here to see this story from John 4 in The Chosen mini-series. <https://www.youtube.com/watch?v=ordhsDeAt60>

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 Jesus offered “living water.” In common usage, the term meant fresh, clean water and not stagnant water that had stood in a cistern. He said in verse 14, “The water that I give will become in those who drink it a spring of water that bubbles up into eternal life.” What choices have helped make your walk with Jesus one that “bubbles up into eternal life”? In what ways are you able to let that joyous, bubbling quality show as you live your life?

 The woman expressed the vague hope that someday the Messiah could answer her questions. “‘I am he,’ said Jesus. ‘You don’t have to wait any longer or look any further’”. How would you express the biggest questions or issues in your life? In what ways has trusting Jesus helped you come to peace about some or all those issues?

Prayer: *Lord Jesus, you aren’t willing to settle for just my head and hands. You seek my heart, too—and, sometimes with fear and trembling, I offer it. I offer all of me to you again today. Amen.*

Thursday, March 5 – Read **John 4:43-54**. Right after the story of reaching the Samaritans, John underscored Jesus’ inclusive caring by telling of his “long-distance” healing of a royal official’s ill son. The man probably worked either for Herod and/or the Romans, but that didn’t bother Jesus. This wasn’t just a random “healing” story for John. This, he said in verse 54, was “the second miraculous sign Jesus did.”

 The crux of this story came in verse 50: “Jesus replied, ‘Go home. Your son lives.’ The man believed the word that Jesus spoke to him and set out for his home.” How did this royal official find enough confidence in Jesus to believe and set out for his home? Are there areas of life in which it’s a challenge for you to trust Jesus’ love and caring for you and your needs?

 In John 1:1, he wrote, “The light came to his own people, and his own people didn’t welcome him.” Jesus told Nicodemus in John 3:8, “God’s Spirit blows wherever it wishes.” When you have welcomed Jesus and the light he brings to your life, how have you seen God work in unexpected ways in your life? In the lives of others, including people you might not think would be open to that?

Prayer: *Jesus, you touched and changed Nicodemus in his righteous robes, the outcast woman at the well, the royal official in his courtly garb. Wherever I fall in that spectrum, I trust you to touch and renew me—and through me, others who are thirsty for you. Amen.*

Friday, March 6 – Read **John 5:1-18**. Many people in Jesus’ day thought the pool of Bethesda had healing power. It hadn’t worked for the man Jesus met, however, as he had been there for 38 years! Jesus asked him, “Do you WANT to get well?” He told the Pharisees, busy enforcing their understanding of the Sabbath command as forbidding even trivial “work,” that godly acts of blessing and healing were fully compatible with the Sabbath rest. God’s healing, sustaining work goes on full-time.

 In what ways did the question “Do you WANT to get well?” and the command “Get up” both invite and empower the man to open himself to God’s power to make his healing possible? Is there any part of your life in which Jesus is asking

you, "Do you want to get well?" In what ways have you been healed and freed as you take part in Jesus' new creation?



Jesus' intention in this story was not to deny the importance of the work-rest rhythm the Sabbath commandment taught. It was to create a clearer sense that the rest to which God calls us is not always total inaction. God's rest may involve taking part in God's renewing, refreshing work. When have you been involved in an activity to bless others that left you rejuvenated and recharged for your regular routine?

Prayer: *Lord Jesus, I want to "get well." Please keep on creating in me the whole new quality of life John called "eternal life." Empower me to daily choose you and your kingdom. Amen.*

Saturday, March 7 – Read **John 5:19-47**. This extended discourse is typical in John's gospel. This one almost sounds as though Jesus was on trial. In one sense, he was. He said he had many witnesses to show that he was who he said: his works, John the Baptist, his Father, and the words of Scripture. In verses 24-25, we find an important part of John's message. He quoted Jesus using the present tense: "I assure you that whoever hears my word and believes in the one who sent me HAS eternal life... HAS passed from death into life." Eternal life was not someday in the future for John. It began now.



John 5:39-40 tells us that Jesus told his critics that they had been reading the right book but reading it in the wrong way. Read correctly, he said, the Scriptures testified about him. How, when, where, and for what purpose(s) do you read the Bible?



John's gospel regularly put "eternal life" in the present tense in places like John 3:36, 6:47, 54, 10:28, as well as today's reading. How have you "passed from death into life"? What is one area of life in which you are sensing the presence of eternal life right now?

Prayer: *Lord Jesus, I choose to pass from death into life right now. Thank you for assuring me that I do not need to wait for the end of my earthly life before I can begin living as your transformed child. Amen.*