





Theme: Jesus Loves People THIS Much! “The Rejected”

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


Meditation Moments for Monday, June 1 – Read **John 4:1-6**. The interaction of Jesus with the Samaritan woman at the well may be one of the most important stories in our Bible as it’s the longest conversation Jesus has with anyone that we have recorded in the gospels. The story begins as Jesus went from Jerusalem in southern Israel to the Galilee in the north. Samaria was between Judea and Galilee, and it was to be avoided by faithful Jews as they made this journey. Hatred and distrust between Samaritans and Judeans went back over 500 years, to Israel’s return from exile in Babylon we read about in Ezra 4:1-5. Judeans saw Samaritans the way many Israelis today see Palestinians, and vice versa. But Jesus saw things differently. He went through Samaria by design and reached Jacob’s well at noon.


-  John said Jesus “had to go” through Samaria. We can safely assume Jesus did not need to save the three days gained by passing through this province his people typically avoided. God sent Jesus into the whole world—not just parts that we deem “acceptable.” Does God’s love still call you to go to places that human divisions tell you to avoid? How can you break down barriers between you and other people in your day-to-day life?
-  Christian faith says the fully divine Jesus was also fully human. John wrote matter-of-factly in verse 6, “Jesus was tired from his journey.” Hebrews 2:17-18 said Jesus “had to be made like his brothers and sisters in every way.... He’s able to help those who are being tempted, since he himself experienced suffering when he

was tempted." Are there reasons that you are tired today? Share your tiredness with Jesus in prayer. He understands and can strengthen you.

Prayer: *Lord Jesus, you needed to rest. Often, I do as well, emotionally and spiritually as well as physically. I'm so thankful your steadfast love never rests but is always there to support me. Amen.*


Tuesday, June 2 – Read **John 4:7-10**. Samaria, like most of Israel, was hot in the middle of the day. Most women enjoyed morning or evening social time as they drew water at the town well. This woman came alone at noon, which probably meant the other town women shunned her. John gave readers an explanation of why this conversation was remarkable, "Jews and Samaritans didn't associate with each other." Jesus made the first move, asking matter-of-factly, "Give me some water to drink."


 Jewish tradition claimed that a Samaritan woman was continually unclean. As a Jew, it would have been impure to drink from her vessel." Yet, in verse 8, Jesus not only asked the woman for a drink but sent his disciples into the city to buy him some food. How did his willingness to ask for a drink, a simple kind of help, start to break down barriers that separated him from the Samaritan woman? Are you willing to ask for help to connect in tense or awkward situations?

 British author Malcolm Muggeridge told an audience in 1968 that he had achieved a level of success, fame, pleasure, and fulfillment. He went on, "I beg you to believe me, multiply these tiny triumphs by a million, add them all together, and they are nothing... measured against one draught of that living water Christ offers to the spiritually thirsty." In what ways has Jesus quenched your inner thirst(s)? In what areas of life are you still thirsty?

Prayer: *Dear Jesus, you were willing to ask for, and to accept, help even from unlikely people. Give me an openness to understand and share how your living water can quench the deepest thirsts of my heart. Amen.*

Wednesday, June 3 – Read **John 4:11-15**. Jesus offered "living water" to the Samaritan woman. "Living water" meant the freshest, cleanest running water, and not stagnant water from a cistern or well. It was understandable the woman was skeptical at first in verse 11: "Where would you get this living water?" Her doubts didn't discourage Jesus. He described the spiritual water he offered in such appealing terms that the woman's thirsty soul responded in verse 15, "Give me this water!"

 The Message paraphrase of the bible by Eugene Peterson captured the idea behind the phrase "living water" well, having Jesus say in verse 13, "The water I give will be an artesian spring within, gushing fountains of endless life." When did you most recently sense a surge of God's endless life within your heart, or have you ever? How can you regularly "fill your cup" with Jesus' living water?

 Pastor Bruce Milne noted in his book *The Message of John* how naturally Jesus spoke with this woman: "Jesus is clearly 'at ease' with her, which frees her to confront her deepest needs." Who are the people who, because of beliefs or lifestyle, make you uneasy? How can the example of Jesus' conversation with

the woman at the well help you find ways to relate more naturally and comfortably to them?

Prayer: *Lord Jesus, John 3:17 said you had not come to condemn the world, but to save it. You didn't condemn the woman at the well, and you don't condemn me. Thank you! Please teach me how to relate as you did. Amen.*

Thursday, June 4 – Read **John 4:16-24**. The Samaritan woman said she didn't have a husband. This woman is possibly one of the most misinterpreted persons in the Bible. She is often construed as a woman of loose morals, but she has had husbands, not customers. She was not a prostitute but had been discarded or abandoned 4 times as woman could not initiate divorce. Some of her husbands may have died, and living with a man meant it may have been the first time she was able to choose love in a time when marriages were arranged.

- The woman's effort to deflect the conversation focused on what separated Samaritans and Jews. Jesus twice repeated the phrase "the time is coming" and spoke of "true worshippers" in terms that were inclusive rather than exclusive. How did Jesus' response reveal God's desire to draw the human family together, rather than breaking them into quarreling sub-groups? How vital is that message in today's world?
- "Where's the right place to worship?" the woman asked. Jesus gladly built on the subject in verse 24. To worship God wasn't about the "right" place but about doing it "in spirit and truth." "Spirit" was the same word as "breath." God is as close to us as our breath, knows each of us better than we know ourselves, and loves us deeply! We can come to God as we are, grateful for the gift of love and mercy. What do you need to honestly bring to the Lord, knowing that God made you to love you?


Prayer: *Jesus, too often my shame makes me shrink from honesty with myself and you. Help me to trust you and embrace the truth of your love and mercy so that I can more fully worship you. Amen.*

Friday, June 5 – Read **John 4:25-30**. Scholar N.T. Wright writes these words about this part of the story in his commentary, *John for Everyone, Part 1*: "She tries a different tack. Perhaps this will put the stranger off. 'One day the Messiah will come,' she says brightly. 'Why don't we wait till then? He'll make it all clear'.... 'That's me,' says Jesus. And he goes on saying it. Whenever people come round to the key questions, and say, 'If only someone would come and sort it all out!', then there he is. 'That's me.'" Amazed, the woman went into town to tell the very people she'd been avoiding about Jesus. In wonder, she asked, "Could this man be the Christ?" In the Greek that means the "anointed one," or "Messiah," which means she is the first to recognize the truth of who Jesus is and what he embodies.



If your task was to reach out to a hostile area with the good news of God's love, what kind of person would you choose for that? Jesus chose a friendless, outcast woman, who was effective mainly by saying, "Come and see." Do you allow your limitations to block you from sharing what Christ means to you? Consider


the woman at the well, and ask God in what ways you can be a channel of Christ's love today.

 Jesus' disciples were "shocked" to find him talking to a Samaritan woman. We read in Matthew 19:3-8 that the disciples saw Jesus side with rabbis who did not favor free-and-easy divorce. But his grace prevailed over "the rules," and she met a caring Savior willing to offer a beautiful future regardless of her painful past which most likely was not of her choosing. Have you ever had to weigh strict rules against human pain and need? How can Jesus' example help you to find your way in those cases?

 **PLEASE NOTE THAT BEGINNING JUNE 6 OUR SATURDAY SERVICE BEGINS AT 5 PM!**

Prayer: *Lord Jesus, you showed why a living, breathing Savior could better represent God's love than a static rule book. You're my Lord and Savior—keep showing me how to treat others the way you did. Amen.*

Saturday, June 6 – Read **John 4:31-42**. The Samaritan woman who'd seen a request for a cup of water turn into a life-changing connection with Jesus became the first "preacher" in the Gospel of John. The Samaritans invited Jesus to stay in Sychar. He stayed for two days and many of the Samaritans there became the immediate fulfillment of his words that, "the fields are already ripe for the harvest." They, like millions of people ever since, found in Jesus the unsuspected key to a meaningful, grace-filled life.

 Scholar N. T. Wright asked in his commentary *John for Everyone, Part 1*, "When were you last so excited about something that you didn't need to eat?" In an hour or less, the woman went from a social outcast trapped in a messed-up life to being the first evangelist to the Samaritan people. And Jesus had seen, firsthand, that here, outside the boundaries of the chosen people, away from Jerusalem itself, there was a spiritual hunger which...was ready to hear what he had to say." What excites and "feeds" you most about the ways in which you can serve God? What would you like to get involved in that would deepen that joy and excitement? How can you begin to plan to make that happen?

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Prayer: *Lord Jesus, you said your kingdom belongs to people who hunger and thirst for righteousness. Grow that appetite in me—and feed and sustain me as I join in your mission in this world. Amen.*