

Come, Follow Me

with

Living Scriptures

STREAMING

Living Water

John 2-4

Objectives:

- Explain the symbols Jesus used to teach about the gospel, including living water, being born again, etc.

Reinforces Principles of:

- Faith, Gospel Study

Reverence Time

Song:

I Feel My Savior's Love, Children's Songbook page 74

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-feel-my-saviors-love>

Scripture: John 4:13-14

"Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never athirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-water>

Lesson

Summary:

Jesus was traveling with his disciples to Galilee from Judea and passed through Samaria. While they were in Samaria, Jesus stopped at a well for a drink of water. A Samaritan woman was there at the well, and Jesus asked her for a drink. He told her, "If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water."

The "living water" Jesus was speaking of is the gospel. Just like we must drink water several times a day to be healthy, we need to have the gospel in our lives every day to be spiritually healthy. That "living water" comes from our Savior Jesus Christ. If we look to Him and listen to His words, we won't be left spiritually "thirsty".

Jesus often taught people by comparing things they knew to gospel principles. He taught Nicodemus about baptism and repentance by comparing them to being born again. He compared truth to light and evil to darkness. We can be reminded of Jesus and His love for us through many of the things around us. He loves us so much that He gave his life for us. (See John 3:16).

Quote:

"The Samaritan woman looked into the face of Christ, listened to His voice, and recognized Him at a time when most others rejected all He taught. We know Him too, or we can, if we allow His healing power, His nourishing strength, His peace and joy, to flow through us like 'a well of water springing up into everlasting life.'"
Kathleen H. Hughes

Questions:

Why did Jesus compare "living water" to the gospel?

Why do we need to drink water every day?

What did Jesus mean when He said, "Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst"?

How can we partake of the gospel everyday so we're not spiritually "thirsty"?

Activity Time

Symbol Matching Game

Description: Jesus taught the people spiritual truths using everyday objects and concepts. Play this matching game with your family and match each symbol to its meaning and scripture reference. See who can collect the most matches!

What you need: ■ A copy of the “Symbol Matching Game” activity, scissors, heavy paper.

Preparation: 1. Print out the game card sheet on heavy paper, or mount on heavy paper.
2. Cut out the game cards.

Activity:

1. **Setting up the Game:** Jesus taught the people spiritual truths using everyday objects and concepts. In this game, you’ll match the symbol with the scripture. Then discuss as a family what is being taught in the scripture. To get ready to play, mix up the cards and lay them out in rows, face down.
2. **Game Instructions:** Take turns turning over any two cards. If the two cards match, keep them. Discuss the symbol and the meaning. Read the scripture reference if you need help. If the cards don’t match, turn them back over. Try to remember what was on each card and where it was. The game is over when all the cards have been matched.
3. **Think about it:** There are many symbols in the scriptures. Try to notice the symbols you find, and ponder their meaning. Try coming up with spiritual lessons for everyday objects around your own home!

Birth

"Except a man be
born again, he
cannot see the
kingdom of God."
John 3:5

Serpent

"And as Moses lifted
up the **serpent** in
the wilderness,
even so must the
Son of man be lifted
up:"
John 3:14-15

Water

"...whosoever
drinketh of the
water that I
shall give him shall
never thirst."
John 4:13-14

Light

"...that light is come
into the world, and
men loved darkness
rather than **light**"
John 3:19-21

Wind

"The **wind** bloweth
where it listeth, and
thou hearest the
sound thereof, but
canst not tell
whence it cometh..."
John 3:8

Bridegroom

"but the friend of
the **bridegroom**,
which standeth and
heareth him,
rejoiceth greatly
because of the
bridegroom's voice:"
John 3:27-29

Meat

"Jesus saith unto
them, My **meat** is to
do the will of him
that sent me, and to
finish his work.
John 4:32-34

Fields

"Lift up your eyes,
and look on the
fields; for they are
white already to
harvest"
John 4:35

Temple

"Jesus answered
and said unto them,
Destroy this
temple, and in
three days I will
raise it up."
John 2:19-21

Fruit

"And he that
reapeth receiveth
wages, and
gathereth **fruit**
unto life eternal:"
John 4:36

Prep Time: 5 minutes

Ingredients: Approx. 1 cup mixed frozen fruit
(we used a mix of pineapple, strawberries peaches and mango found in the freezer section of the grocery store)
1/2 cup water
5 cups of water
ice
1 lemon, sliced into wedges



Instructions: In a blender, combine frozen fruit and 1/2 cup water. Blend until smooth to create a purée. Pour one cup of water into each of 5 tall glasses (approx 12-16 oz.) Add 3 tablespoons of the fruit purée to each glass and stir. Add ice to fill the glass. Gently squeeze some lemon juice into the water mixture and garnish glass with lemon, or float lemon wedge in the cup if desired.