

PULPIT COMPANION

WHAT IF
THEY
KNEW?

JOHN 4:1-26

DR. TYRONE PARTEE



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09:45 AM

1811 S. 7TH STREET, SAN JOSE, CA

WWW.MARANATHACC.COM

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In this powerful message, we're invited to confront the hidden burden of shame in our lives. The story of the Samaritan woman at the well (John 4:1-26) serves as a poignant illustration of how Jesus seeks us out, even in our most vulnerable moments. We're reminded that God doesn't run from our exposure, but comes to redeem it.

The message challenges key revelations: Jesus comes looking for us, sees through our scripts, deals with what's really wrong, and reveals a new moment of worship in spirit and truth. This teaching challenges us to drop our disguises and allow Jesus to see us as we are, assuring us that when He sees everything about us and still says we're worth it, that's not shame – that's salvation. It's a call to let go of the fear of 'what if they knew?' and embrace the liberating truth that God already knows and loves us unconditionally.

SCRIPTURES FROM PULPIT AI

- John 4:1-26
- Psalm 139:1-4
- Romans 8:1
- 2 Corinthians 5:17
- Isaiah 61:1-3
- John 7:37-38
- Romans 5:8
- Hebrews 4:13
- 1 John 1:9
- Revelation 21:5





DEVOTIONAL

Day 1: Embracing God's Unconditional Love

Reading: John 4:1-26

Devotional: Jesus' encounter with the Samaritan woman at the well demonstrates God's relentless pursuit of us, even in our most broken and shameful moments. Like the woman, we often try to hide our brokenness, fearing rejection if others truly knew us. But Jesus sees through our carefully crafted scripts, meeting us in our pain with compassion and grace.

Today, reflect on areas of your life where shame might be holding you back from fully experiencing God's love. Remember that God already knows everything about you and still loves you unconditionally. How might embracing this truth change the way you approach God and others?

Day 2: Breaking the

Reading: Psalm 34:4-5

Devotional: Shame can be a powerful force that isolates us from God and others. It whispers lies about our worth and convinces us we're beyond redemption. But God's Word tells speaks louder than our shame. The psalmist declares that those who look to the Lord are radiant, and their faces are never covered with shame.

Today, identify a specific area where shame has taken hold in your life. Bring it before God in prayer, asking Him to shine His light of truth on it. How can you practically step out of hiding and into God's radiant freedom today?

Day 3: Living Water for Thirsty Souls

Reading: John 7:37-39

Devotional: Jesus offers living water that satisfies our deepest thirsts. Like the Samaritan woman, we often seek fulfillment in temporary things that leave us wanting. But Christ offers a spring of water welling up to eternal life. This living water is the Holy Spirit, who fills us and flows through us. Today, consider areas of your life where you feel spiritually dry or thirsty. How might you open yourself to receive more of God's living water? Reflect on ways you can allow God's Spirit to flow through you to others who are thirhope and love.





Day 4: Worship in Spirit and Truth

Reading: John 4:23-24

Devotional: True worship goes beyond external rituals or specific locations. It's about connecting with God in spirit and truth—bringing our whole, authentic selves before Him. This kind of worship requires vulnerability and honesty, laying aside our masks and pretenses.

Today, examine your approach to worship. Are there areas where you're holding back or putting on a performance? How can you cultivate a more genuine, spirit-led worship in your daily life? Consider starting your day with a simple prayer of surrender, inviting God to shape your worship in spirit and truth.

Day 5: Testifying to God's Transforming Love

Reading: John 4:39-42

Devotional: After her encounter with Jesus, the Samaritan woman couldn't help but share her experience with others. Her testimony led many in her town to believe in Christ.

Our personal encounters with God's love and grace are meant to be evangelistic tools. When how God has worked in your life. What's your testimony of His transforming love? Consider sharing your story with someone today, whether it's a dramatic conversion or a quiet moment of God's faithfulness. Remember, your story of God's grace might be exactly what someone else needs to hear to take a step towards faith.





SMALL GROUP GUIDE : “ Breaking Free from Shame”

Opening Prayer:

Ask God to open hearts and minds to His truth and healing as you discuss this sensitive topic.

Key Scripture:

Proverbs 18:10 - "The name of the Lord is a strong tower; the righteous run into it and are safe."

Discussion Questions:

- 1.The sermon talks about shame operating in hidden places. Why do you think people tend to hide their shame? Have you experienced this in your own life?
- 2.How does the story of the woman at the well demonstrate Jesus' approach to dealing with shame? What stands out to you about His interaction with her?
- 3.The pastor mentions "rejection reflex" as a defense mechanism. Can you relate to this concept? How might it manifest in everyday life?
- 4.What does it mean to worship "in spirit and truth"? How can this type of worship help address shame in our lives?
- 5.The sermon emphasizes that God sees us fully and still receives us. How does this truth impact your view of yourself and your relationship with God?
- 6.The pastor shared a personal story about confronting wrongdoing. What gave him the courage to speak up? How can we support others in similar situations?





Practical Applications:

1. Identify an area of shame in your life. Spend time in prayer, asking God to help you see it through His eyes of love and grace.
2. Practice vulnerability with a trusted friend or group member by sharing something you've been hesitant to reveal about yourself.
3. Write a letter to yourself from God's perspective, emphasizing His unconditional love and acceptance of you.
4. Commit to a daily practice of "worshiping in spirit and truth" through honest prayer and reflection on Scripture.
5. Look for opportunities to extend grace and acceptance to others who may be struggling with shame.

Key Takeaways:

1. Jesus intentionally seeks out those burdened by shame.
2. God sees through our scripts and deflections to address our real issues.
3. Worship in spirit and truth can break the cycle of shame.
4. God knows everything about us and still loves us unconditionally.

Closing Prayer:

Thank God for His redeeming love and ask for the courage to live authentically, free from the bondage of shame.

Scripture for Reflection:

John 4:1-26 (The Woman at the Well)

