

## Discussion Questions for Families with Teens

Get out a salty snack of some kind or some table salt. Eat a large handful of the snack or a small amount of table salt.

How are you feeling? What would you like right now?

Think of a time when you have been really thirsty? How did you feel?

We know that if we don't drink enough water everyday we will become dehydrated. The Mayo Clinic's website says it this way: Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Do you know any physical effects of dehydration? Here are a few: fatigue, dizziness, confusion, tension, anxiety, negative mood, impaired motor performance, loss of short-term memory, headache, skin shrivels, etc.

In our scripture passage today Jesus compares himself to what? water

He isn't just tap water- what kind is he? living water

What do you think he means by that?

Think back to what happens to our bodies when we don't have enough water. What does it do? It begins to signal to us that it is in trouble, doesn't operate the way it was intended to

What do you think spiritual dehydration (signs that Jesus is not at the center of your life) looks like? How might it mirror physical dehydration? irritability, anger, harsh words, bad choices, treat others badly, pain, spirit shrivels, etc.

What happens when you rehydrate yourself? the symptoms go away, the body starts functioning normally again

Jesus tells us that we should come to him, drink, and he will not only quench our thirsts, but there will be so much we will overflow and have an abundance to share.

What is something right now that you are thirsting for? safety/security, love, righteousness, companionship, direction, knowledge

How will coming to Jesus meet that need?

What can you do this week to allow Jesus to fill you to overflowing?

If you are already overflowing, how can you share that abundance this week?

Pray about those thirsts or how to share your abundance together.



## Discussion Questions for Families with Children

What does it mean to be thirsty? What do you do when you're thirsty? What's your favorite drink?

Read John 7:37-39 in your children's Bible. Jesus tells everyone to come to him and drink if they are thirsty. Is it because he has your favorite drink in his refrigerator somewhere? No! So, what is he telling us to drink?

In this scripture passage, Jesus is telling us that we are thirsty for truth about him. He says that we should grow closer to him to help us feel hydrated. Anyone can go to Jesus, but if you believe, then you won't just know more about Jesus, but you will also be filled with the Holy Spirit.

What is the Holy Spirit? The following video from the Bible Project, explores the original meaning of the "spirit" and what it means for us today.

<https://www.youtube.com/watch?v=oNNZO9i1Gjc>

How can we be filled with the Holy Spirit? (Hint: look back at John 7:38) With the Holy Spirit we can do amazing things for God!

### Challenge

Should we do God's work alone or with the power of the Holy Spirit? Complete the following experiment as a family to help you answer that question.

Materials: dish soap in a small dish, milk, cotton swab, food coloring, plate

1. Pour the milk on the plate to represent the world without the Good News.
2. The food coloring represents the Good News. Place 1-2 drops of each color in the milk.
3. The cotton swab represents us spreading the Word. Take the cotton swab and try mixing the colors together gently. How's it going? Is it a lot of work?
4. Use the other side of the cotton swab and dip it in the dish soap. This represents the Holy Spirit in us. Press the dish soap into the center of the plate of milk. What happened?
5. Did the colors mix easier when we mixed them ourselves or when the "Holy Spirit" helped us?

Watch this object lesson here: <https://www.youtube.com/watch?v=1VUyn9SBS4I>

