

# what if it's true?

REASONS TO BELIEVE

## WEEK 4 - SPIRITUALITY OVERVIEW

Since the dawn of time, human cultures have organized themselves around religion. Although each religion has different answers for why the world is the way it is, it is undeniable that within the very core of humanity is an innate sense that there is more to this world than we can see with our eyes. Something transcendent, eternal, *beyond*... People seek many ways to connect with the spiritual, but often come up empty, unfulfilled, or incomplete in the end. Our spirituality is broken. In the gospel of John, however, as Jesus speaks with an outcast Samaritan woman, we learn that there is a way to have true spiritual life awaken inside of us: a bubbling spring of *living* water flowing from within: the very Spirit of God within us, made possible by Christ.

*The time is coming—indeed it's here now—when true worshipers  
will worship the Father in spirit and in truth.*

**John 4:23**

## DISCUSSION QUESTIONS

1. Have you ever had a sort of "right brain" experience, like the woman that Dave told about?
2. What does "spirituality" mean to you?
3. Read [John 4:7-18](#).
  - a. Describe the significance of water in this interaction between Jesus and the woman.
  - b. Where does the conversation focus on left brain concepts, and where does it focus on right brain?
  - c. Why does Jesus want the woman to think right brain thoughts?
  - d. Why does Jesus bring up her marital history?
4. Read [John 4:19-26](#).
  - a. Why would the woman ask about where Jews and Samaritans worship?
  - b. How can worship be both left brain and right brain (truth and spirit)?
  - c. What do you think it means to worship *in spirit and in truth*?
5. If you met Jesus at the well (or water cooler?), what would you ask him?
6. Have you found yourself asking existential questions like the ones Dave mentioned? How does your faith provide the answers?
7. Read [John 1:14](#), [John 10:30](#), [John 14:9](#), [Colossians 1:15](#), [Colossians 1:19](#). Why is Jesus the "one", the answer to our search for transcendence and meaning?