



He Calls Me Beloved

JOURNEY WITH THE WOMAN AT THE WELL AS
YOU SHED THE LIES & REFLECT ON GODS TRUTH

Sara Chinakwe

Contents

- 3 *Welcome & Prayer*
- 4 *The Lie: I'm Not Worthy*
- 5 *The Truth: He Chose Me and
 Calls Me Beloved*
- 11 *Biblical Insights*
- 15 *Reflection Questions*
- 16 *Daily Journal Prompts &
 Prayers*

Beloved,

Welcome to *He Calls Me Beloved*.
Take heart, Beloved, and know that
God is with you wherever you go.
God's love is constant; you are his
child—worthy and chosen. As you
travel with the woman at the well,
reflect on your past. Just as Jesus
gives her his eternal, living water, he
also gives it to you!

Prayer

*Loving Father, thank you for allowing
me to write your truth. You absolve us
of our sins and make us new again.
You created us to be in your image.*

Help this reader, Lord, to know your truth. Let the lies that keep your children stuck be released and given up to you. In Jesus' name, I pray.

Amen

Lie: I'm not worthy

She stared into a field of empty dreams as she trudged down the dusty road. Her loosely tied scarf floated like leaves in the wind and she had long, dark hair with hints of red that glistened in the sun. As she walked her beauty, she was shattered into a thousand pieces inside.

How did this beautiful, mysterious woman come to be? She never knew who she was. She only ever saw herself as broken as the world saw her. She believed the lies and the whispers.

She went to the well alone. All the other women went early, in the cool of the day. But this woman? She was unworthy. She was an outcast. She was not fit to be in the company of decent women. These are the lies she played over in her mind as she carried her jar to the well under the hot noonday sun. These are the lies she believed.

Truth: He Chose Me and Calls Me Beloved

The Woman at the Well

Jesus realized that the Pharisees were keeping count of the baptisms that he and John performed (although his disciples, not Jesus, did the actual baptizing). They had posted the score—said Jesus was ahead—turning him and John into rivals in the eyes of the people. So Jesus left the Judean countryside and went back to Galilee.

To get there, he had to pass through Samaria. He came into Sychar, a Samaritan village that bordered the field Jacob had given his son Joseph. Jacob's well was still there. Jesus, worn out by the trip, sat down at the well. It was noon.

A woman, a Samaritan, came to draw water. Jesus said, "Would you give me a drink of water?" (His disciples had gone to the village to buy food for lunch.)

The Samaritan woman, taken aback, asked, "How come you, a Jew, are asking me, a Samaritan woman, for a

drink?” (Jews in those days wouldn’t be caught dead talking to Samaritans.)

Jesus answered, “If you knew the generosity of God and who I am, you would be asking *me* for a drink, and I would give you fresh, living water.”

The woman said, “Sir, you don’t even have a bucket to draw with, and this well is deep. So how are you going to get this ‘living water’? Are you a better man than our ancestor Jacob, who dug this well and drank from it, he and his sons and livestock, and passed it down to us?”

Jesus said, “Everyone who drinks this water will get thirsty again and again. Anyone who drinks the water I give will never thirst—not ever. The water I give will be an artesian spring within, gushing fountains of endless life.”

The woman said, “Sir, give me this water so I won’t ever get thirsty, won’t ever have to come back to this well again!”

He said, “Go call your husband and then come back.”

“I have no husband,” she said.

“That’s nicely put: ‘I have no husband.’ You’ve had five husbands, and the man you’re living with now isn’t even your husband. You spoke the truth there, sure enough.”

“Oh, so you’re a prophet! Well, tell me this: Our ancestors worshiped God at this mountain, but you Jews insist that Jerusalem is the only place for worship, right?”

“Believe me, woman, the time is coming when you Samaritans will worship the Father neither here at this mountain nor there in Jerusalem. You worship guessing in the dark; we Jews worship in the clear light of day.

God's way of salvation is made available through the Jews. But the time is coming—it has, in fact, come—when what you're called will not matter and where you go to worship will not matter.

“It's who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That's the kind of people the Father is out looking for: those who are simply and honestly *themselves* before him in their worship. God is sheer being itself—Spirit. Those who worship him must do it out of their very being,

their spirits, their true selves, in adoration.”

The woman said, “I don’t know about that. I do know that the Messiah is coming. When he arrives, we’ll get the whole story.”

“I am he,” said Jesus. “You don’t have to wait any longer or look any further.”

Just then his disciples came back. They were shocked. They couldn’t believe he was talking with that kind of a woman. No one said what they were all thinking, but their faces showed it.

The woman took the hint and left. In her confusion she left her water pot. Back in the village she told the people, “Come see a man who knew all about the things I did, who knows me inside and out. Do you think this could be the Messiah?” And they went out to see for themselves. (MSG John 4:1-30)

Biblical Insights

Despite the hatred Jews and Samaritans had for each other, Jesus (being a Jew) meets the Samaritan women at the well (John 4:1-26).

Jesus decided to make this point at Jacob's Well which was believed to be common ground for both the Samaritans and Jews.

When we are true to our faith first we can see people as Jesus saw them. The woman at the well had no husband, but five lovers. We use words like *damaged*, *unlovable*, and *unworthy* to characterize her but, Jesus looked past her situation and simply saw a woman he loved and wanted to save.

Jesus did four important things at the well that show us that we are worthy no matter what we've done or where we've come from.

First, Jesus showed up and he saw the woman, he looked at her pain, and he accepted and loved her. He didn't brush her off. And he won't brush you off, either.

Second, Jesus validated the woman at the well. He talked to her, was in proximity to her, and engaged in conversation with her. This encounter was looked upon as taboo because of the culture and gender differences.

Today, we often turn a blind eye to people that are different from us.

Further, we blatantly ignore groups of people because we don't understand them. But Jesus sees each person as

precious—created in God’s image.

You also are created in God’s image.

You also are precious.

Third, Jesus advised the woman at the well. At first, the woman had no idea the man next to her was Jesus. He started saying things that only the one true Messiah could say. He told her who she was—declared that he knew her and knew all about her sin. And then he told her who he was—the long-awaited Messiah.

If you ask him, Jesus will tell you about your sin as well. He sees it. Nothing is hidden from him. Does it make him hate you? No, no, a

thousand times no. He died for poor sinners just like you and me and the woman at the well.

Fourth, Jesus heals the woman by giving her living water. His water lasts forever if we accept the truth that He has set for us.

Like the woman at the well, you may have done things that you or others think are unworthy. Your life may be like a dry desert. No fruit. You may be a sinful woman, and ashamed, as the woman at the well was. But your sin does not make Jesus pull away from you in disgust. Jesus came to seek and to save sinners. He sees you

as a worthy recipient of his eternal living water. He will pour out his living water into your dry soul and produce lush fruit in your life.

Reflection Questions

1. How does God see you? Do you see yourself the way God sees you?
2. How can you help someone who is feeling worthless?
3. How can you let God enter in to help you when you feel unworthy?

Journal Prompts

Monday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

Lord, my God, show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye; hide me in the shadows of your wings from the wicked who assail me. (Psalms 17:7-9)

Tuesday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

*I cry out to God Most High,
to God who will fulfill his purpose
for me.*

*He will send help from heaven to
rescue me,*

disgracing those who hound me.

*My God will send forth his unfailing
love and faithfulness. (Psalms 57:2-3)*

Wednesday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help. Listen closely to my prayer, O LORD; hear my urgent cry. I will call to you whenever I'm in trouble, and you will answer me. (Psalms 86:5-7)

Thursday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

*For I know the plans I have for you,”
says the LORD. “They are plans for
good and not for disaster, to give you
a future and a hope. (Jeremiah 29:11)*

*I pray Lord for my future plans to be
in your hands and not my own. Help
me Lord to submit to you all you
desire me to be.*

Friday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

Be my rock of safety

where I can always hide.

Give the order to save me,

for you are my rock and my fortress.

(Psalms 71:3)

Saturday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

*Trust in the LORD with all your heart;
do not depend on your own
understanding. Seek his will in all you
do, and he will show you which path
to take. (Proverbs 3:5-6)*

*Allow me the strength and courage
Lord to seek you in everything I do.*

Sunday:

The lie I am telling myself right now
is

But, God says I am/He will

Prayer

Instead, be very glad—for these trials make you partners with Christ in his suffering, so that you will have the wonderful joy of seeing his glory when it is revealed to all the world. (1 Peter 4:13)

I pray Lord that I am glad that you allow me to participate in the suffering. For I know that you are making me stronger to withstand life's storms.