

# John 7:37-39

## “Jesus: Quench Your Thirst”

**Scripture:** John 7:37-39

**Memory Verse:** John 7:38 *“He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”*

**Lesson Focus:** While we will only cover three verses from the gospel of John, these three verses have plenty to teach the kids. Using water, Jesus will show us how we are all spiritually parched and dehydrated and that He alone can quench our thirsty souls. But He doesn't only satisfy this thirst, but after we come to Him in faith and trust, He also then empowers us with His Spirit to love others and bring them to Jesus! We will challenge the kids to come, believe, and then go!

**Activities and Crafts:** Coloring Picture of Living Water, Word Search of different terms from lesson, Make It Real Discussion for 3<sup>rd</sup> – 5<sup>th</sup>.  
Craft for 1<sup>st</sup> & 2<sup>nd</sup>: Living Water Curly-Q

**Starter Activity:** Thirst Quenchers

All of the kids have experienced being thirsty. To get the lesson started ask the kids what their “go-to” drinks are to quench their thirst. Share these more unusual options first before finishing the discussion talking about water:

**Teachers:** Consider bringing in some of these objects to enhance the discussion.

- 1) Herbal Tea -> Also helps with sore throats
- 2) Coconut Milk -> Rich in acids that help heal wounds
- 3) Pickle Juice -> Helps ease muscle cramping
- 4) Water w/ Baking Soda -> reduce gas and bloating

Q: While all of these might help with other issues, what do you think all of the medical experts agree is the best thirst quencher?

A: Just plain old water!

Water is essential for life! You can survive about three weeks without food, but only about three days without water!

One thing that is so great about Jesus is He uses things like bread (John 6) and water (today's lesson) to teach us important truths about Himself. Let's see how He uses water to teach us in our study today.

## Bible Study:

**John 7:37:** If you remember from last week, Jesus was at a special Jewish feast and made amazing claims about Himself (read **John 7:29** again). People are in uproar, because Jesus is saying things about Himself (that He is God) that no one is allowed to be saying (unless it is actually true!).

On this last day of the feast, the Jewish priests would take water from a spring and pour it out on the altar as a memorial for when God provided the people with water in the desert.

**Read Psalm 78:12-16:** These verses recount some of the amazing things that God did for the children of Israel and v. 15-16 emphasize that the Lord miraculously gave them water to drink as He led them through the desert. This work of God was to be remembered!

So imagine yourself, a good Jewish boy or girl, watching the Jewish leaders proceed through this water ritual on the last day of the feast, remembering how God miraculously provided water to your great-great-great-grandparents...and then Jesus interrupts the whole thing and cries out, “Come to Me! This water pointed to Me!”

Or consider today you are watching the Super Bowl, something you do every year (just like the Jewish folks would attend the feast every year), and at the halftime show the featured artist comes up on stage and says “I am God! Come to Me!”

Q: How would you react? You would probably be a little uneasy or uncomfortable! You see, Jesus is making claims that no one had ever made before. But the difference between Jesus and some freak at the Super Bowl is that Jesus backed up His claims with miracles!

Q: Who does Jesus invite to come to Him in this verse?

A: Anyone and everyone! \* But also, those who are “thirsty”.

Q: What kind of “thirsty” is Jesus talking about?

A: Spiritual thirst of your heart and soul. God designed us with a thirst or yearning for Himself, a “God-shaped hole in our hearts” that only He can fill (Eccl. 3:11). \* When we come to Jesus thirsty and make Him the treasure of our hearts, He quenches that thirst!

**John 7:38:** We are to simply come and believe. This isn’t the first time Jesus said this!

**Read John 6:35.** Q: What are His instructions here? Come to Me! Believe in Me!

In chapter 6, Jesus showed how the manna given in the wilderness to the Jewish people pointed to Him. He is the Bread of Life which comes from heaven that will satisfy our spiritual hunger! (**John 6:33**)

Now in chapter 7, Jesus shows how the water God gave in the wilderness to the same Jewish people also pointed to Him, the only One Who quenches our spiritual thirst!

As you read the Old Testament (**Teachers:** Consider holding up your Bible with the OT pages in your hand), it is amazing how over and over again what is written in these pages pointed to God's coming and promised Savior, Jesus Christ!

Q: Not only does Jesus quench our spiritual thirst when we come and believe, but something changes inside of us. What does this verse say happens?

A: Our hearts are changed so that we can then be used by God to quench the spiritual thirst of others!

Q: How many of you have played outside on a hot summer day and gone to your garden hose for a drink? (**Teachers:** Consider bringing in a hose to enhance the discussion)

Guess what? All of us are like hoses! One end of the hose is the output (things we say or do), but the other end of the hose is the input (our hearts). But the input must be connected to a source. If it is connected to Jesus, then He will be the source and the flow will be His refreshing living water! But if it is connected to ANYTHING ELSE, bad, dirty, phony water will flow!

When Jesus is the treasure of your heart, not only will this living water flow, but v. 38 says RIVERS or TORRENTS of it will flow!

Q: How many of you want to go white-water rafting in the mountains? That is amazing, powerful water that flows in those rivers! That is a perfect illustration of the power that Jesus gives to those who are His by faith and trust. By His power, believers will do awesome and amazing things for Him!

**John 7:39:** This living water we receive is God the Holy Spirit!

The Bible teaches that when we come and believe in Jesus Christ, not only are our sins forgiven, but God the Holy Spirit comes and INVADES us, dwelling within us and changing us from the inside out.

Q: What does it mean to dwell somewhere?

A: It means the place you live, or your home. We all have a home address that we probably have memorized. This is where we dwell or live.

Once we believe in Jesus, the Holy Spirit comes to live inside of us! It's like we become His house and we are His address!

Q: When the Holy Spirit moves in and calls us His home, do you think He is going to just let us stay the way we are?

A: No! Seeing how filthy we are, He is going to be doing some house-cleaning!

**Galatians 5:22** talks about the fruit of the Spirit being love, *agape* love. Not fluffy Disney princess love, but joyful, peaceful, patient, kind, good, faithful, gentle, self-controlling love!

This is what will be flowing out of our lives if we are believers in Jesus Christ! It is Jesus's great desire that our lives will be like great, powerful mountain rivers, splashing His refreshment everywhere we go and soaking all those around us with His love.

**Key Point:** Jesus invites you to come to Him to quench your thirst. First, you must realize you are thirsty. It is not until you come admitting you are spiritually dehydrated and thirsty, that you will drink and be satisfied. Then, the Holy Spirit will dwell inside you and empower you to overflow with *agape* love for others.

**Teachers:** We will provide you with a bowl of water and two dry sponges. Describe how these dry sponges are like us when we are seeking to have our spiritual thirst quenched by things other than Jesus (video games, gadgets, money, popularity, etc.). Immerse one of the sponges in the water and describe how this is what it is like when we come to Jesus and believe like it says in v. 37.

Q: Which sponge better represents you? If you were thirsty, which one would you go to?

If you have never believed in Jesus, come today and quench your thirst. If you have believed, but you feel that your heart is dry and thirsty, come receive prayer and be filled so that you will leave overflowing with the love of God!

ABCs of salvation:

- Admit that you are a sinner and have broken God's law (1 John 1:8)
- Believe that Jesus Christ took your sins upon Himself when he died on the cross and that He has taken your punishment upon Himself (John 3:16, Romans 5:8)
- Confess your sin and that Jesus Christ is your Lord and Savior (Romans 10:9-10)

**Teachers:** If any of your kids respond to this gospel call, please be sure to pray with them and talk about it with their parents afterwards.

# Bring It Home

*(Devotional for the Family)*

**Lesson Theme: “Jesus: Quench Your Thirst”**

**Scripture: John 7:37-39**

**Memory Verse:** John 7:38 “*He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.*”

**Teachers/Parents:** Everyone experiences being thirsty and we introduced our lesson by talking about some of our favorite thirst-quenching drinks. Discuss with your kids what some of your favorite thirst-quenching drinks are and why you like them.

## Discussion Questions:

- 1) Read **Isaiah 12:3**. This is one of the verses that the Jewish people would recite during this great feast that forms the context of this passage. During this festival they would draw water and pour it out on the altar remembering God’s faithfulness to provide the His people with water. Try and imagine yourself there and having Jesus stand up and cry out that this all pointed to Him! How would you react?
- 2) In **John 7:37**, Jesus invites everyone and anyone to come to Him. Share a time when you found out there was a party or gathering that your friends were invited to, but you weren’t. How did you feel? Is that how Jesus’s invitation works?
- 3) In both **John 6:35** and **John 7:37-38**, Jesus gives two commands that tell us how we can have our most essential longings satisfied. What are they?
- 4) Not only does Jesus alone fulfill our deepest cravings, but **John 7:38** teaches that something begins to change within us after we come and believe. **Read Luke 6:45**. What do both of these verses teach must be the source of our heart’s affections if we want good, refreshing, “living water” to come out of us?
- 5) In our class we talked about *agape* (Greek word) and how the fruit of the Holy Spirit is *agape* love (**Galatians 5:22**). Love is a word that has become dull and fluffy in our culture. Discuss and contrast how our culture defines love with the *agape* love that is described in **Galatians 5:22-23**.
- 6) As believers we have the amazing privilege of having God the Holy Spirit live within us (**John 7:39**). What flows out of your life? Consider whether the people around you even notice if you are a Christian or not. Pray and seek the Lord together asking Him to fill you so that you will overflow with *agape* love for those around you.