



Week Ten: Spiritual Renewal

- Read the encounter of the Samaritan Woman at the Well from John chapter 4.
 - What does the phrase 'living waters' mean to you? How have you experienced 'living waters' in your Christian life?
 - What do you need to surrender in order to allow the Spirit's current renew and refresh your spirit?
 - Which 'wounds' might God heal with the 'living waters'? How might they have an impact on others?
 - In what practical ways can you 'come near to God'? (James 4.8)
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- Take plenty of time to share, maybe in twos or threes, and to pray for each other.
 - You might like to use either or both of the 'Reflect and Respond' sections on pp100 and 103