

THOUGHTS & IDEAS



*Touching heaven, changing earth
with head, heart and hands*

April 6, 2014

Final Words: "I Thirst"

Scripture Lesson: John 19:28-29

HEAD

1. Look up some references to drink and thirst in the Bible. See John 4:4-13, John 7:37, Psalms 42:1-2, Psalms 69:21, Matthew 5:6, and Isaiah 41:17. Discuss what thirst represents.
2. The gospels of Matthew and Mark record a description of Jesus being offered wine with gall or myrrh before being crucified and refusing to drink it. Why would he refuse to take something that might reduce his physical suffering?
3. John mentions that a hyssop branch was used to give Jesus a sponge with a drink. What was the significance of hyssop to the Jews? (See Exodus 12:21-28, Leviticus 14 regarding purification rites.)
4. How does communion relate to thirst?

HEART

1. Being thirsty is a physiologic human sensation so that we can maintain adequate hydration. What happens if we ignore the sensation of thirst? What happens when we are finally able to quench our thirst?



2. What are other things, besides water, that people thirst for?
How do we know whether something we thirst for is valuable/healthy or not?
3. What are some reasons people do not or are unable to quench a thirst?
4. If Jesus as fully human could ask for help when he felt thirst, why do we sometimes not ask for help when we have a need?



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NOTES

HANDS

1. Is there someone in your life who could use some extra care – a parent, relative, child, neighbor, or member of your small group? Make a plan for how you can care for them in the next few weeks.
2. What are some barriers that prevent us from giving “family-like” care to others? Discuss ways those barriers can be overcome, individually or as a group.
3. Reach out to someone who has or has had issues with a parent or child – tension, neglect, pain.
4. If you are busy or suffering and someone needs help/care, what typically happens? What would help us be more Jesus-like (selfless) during those times, instead of looking to our own needs?