

Jesus' Food (John 4:27-36)

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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: In Jesus' conversation with the Samaritan woman at the well and his subsequent ministry to the people in her village we see him living from another world, the spiritual reality of God's kingdom. By standing with God in the invisible heavenly realms he has access to supernatural love, knowledge, and power. He says that this living water and spiritual food nourishes him and can nourish us, but his disciples are slow to learn this.

Opening Prayer: The bread of heaven satisfies us... Selah. (Inspired by Psalm 105:40)

Read Scripture: John 4 (NIV84)

27 Just then [Jesus'] disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?"

28 Then, leaving her water jar, the woman went back to the town and said to the people,
29 "Come, see a man who told me everything I ever did. Could this be the Christ?" 30 They came out of the town and made their way toward him.

31 Meanwhile his disciples urged him, "Rabbi, eat something." 32 But he said to them, "I have food to eat that you know nothing about." 33 Then his disciples said to each other, "Could someone have brought him food?" 34 "My food," said Jesus, "is to do the will of him who sent me and to finish his work. 35 Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. 36 Even now the reaper draws his wages, even now he harvests the crop for eternal life, so that the sower and the reaper may be glad together.

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.