

Come Follow Me

NEW TESTAMENT 2019

LIVING WATER OBJECT LESSON

John 2-4

In chapter four of John, we read the story of the Woman at the Well. While traveling through Samaria, Jesus stops at Jacob's well while his disciples go into the city to buy meat. He asks an approaching Samaritan woman for a drink from the well. They begin talking and Christ teaches her about living water, which will never make one thirst again, unlike the water in the well. Jesus says his living water is "springing up into everlasting life" (verse 14).

Elder Bruce R. McConkie once said living water is "the words of eternal life, the message of salvation, the truths about God and his kingdom; it is the doctrines of the gospel."

As you read and discuss this story as a family, give this fun object lesson a try:

(Credit for this idea goes to the Se7en blog.)

Materials: a glass of plain water, a bottle of clear soda (Sprite, 7UP, Fresca), and Mentos

1. Talk about the differences between the plain glass of water with the bottle of soda (you can unscrew the soda bottle cap so it fizzes). Note that the soda (or bubbly water) seems more alive and active.
2. Compare this to regular water and the living water Christ talks about in John 4. Explain that you can't put a cap (just like Jesus wasn't stopped by death) on the living water because it "springs up" into a fountain.
3. Drop Mentos into the soda bottle and watch as it bursts up into a mini fountain!

Note: This can be a messy activity, so depending on the size of your soda bottle and how many Mentos you choose to drop in, consider doing it in the kitchen sink or outside.

Resources for discussion:

- ["Living Water to Quench Spiritual Thirst"](#) by Joseph B. Wirthlin

- [“The Woman at the Well”](#) *Friend* article and illustrations (good for younger kids)
- [“The Woman at the Well”](#) video version of the *Friend* article
- [“Jesus Teaches a Samaritan Woman”](#) video (four minutes long)
- [“The Woman at the Well”](#) video (seven minutes long)