

Quench Our Thirst

Sometimes we are thirsty for something other than things to drink.

Scripture Words

Learn about me. Listen to my words. Walk in the gentleness of my Spirit and feel peaceful.—Doctrine and Covenants 18:2n adapted

Here We Come!

Have an assortment of drinks displayed on the table. Include cans of soft drinks, juice, bottled water, sport drinks, a pitcher of water, and a bowl of ice chips. Let the children tell you about the drinks. Which are favorites? What do they like to drink when they are hot? cold? not feeling well? Where can you get each of these drinks? Spoon ice chips into a three-ounce cup for each child. What happens to ice when it warms up? How does ice help when we are thirsty?

Scripture Words and Worship

When Jesus met the woman at the well, they had a conversation about living water. The concept is an abstract one for children, but they can identify with the things Jesus taught such as learn, listen, be gentle, and practice peace. Identify the speaker in the Doctrine and Covenants scripture as Jesus. A picture of Jesus could introduce each of the significant words. “Jesus said, ‘Learn about me.’”

Moving Music

“There’s a Hole in the Bucket” This old camp song is a long drawn-out solution to a problem, but is repetitive and simple. The names of the notes are given. It starts on “G” above middle C. “C” is middle C whenever it is used.

Sense-ations

Many triggers affect our senses and call for a response.

- Eat salty things to experience thirst.
- Smell bread or cookies baking. How do we respond?
- Sniff familiar cooking ingredients such as cinnamon, peppermint, or chocolate. What do these smells make the children think of?

Up and at ‘Em

Experiment with getting water. Visit a fountain or the church kitchen. How easy is it to reach the water source? How do you drink from the fountain? How do you get a drink from the faucet in the kitchen? Play a game where you move water from one container to another, one cup at a time.

1. There’s a hole in the buc-ket,
G G A F C D F
Dear Li - za, dear Li - za,
C D F C D F
There’s a hole in the buc-ket,
G G A F C D F
Dear Li - za, there’s a hole.
C D F G G F
2. Well, fix it, dear Hen - ry,
G A F C D F
Dear Hen - ry, dear Hen - ry,
C D F C D F
Well, fix it, dear Hen - ry,
G A F C D F
Dear Hen - ry, well, fix it!
C D F G G F
3. With what shall I fix it?
4. With a straw, dear Hen-ry.
5. The straw is too lo-ng.
6. Well, cut it, dear Hen-ry.
7. With what shall I cut it?
8. With an axe, dear Hen-ry.
9. The axe is too dull.
10. Well sharpen it, dear Hen-ry.
11. With what shall I sharpen it?
12. With a stone, dear Hen-ry.
13. The stone is too dry.
14. Well, wet it, dear Hen-ry.
15. With what shall I wet it?
16. With water, dear Hen-ry.
17. With what shall I fetch it?
18. With a bucket, dear Hen-ry.
19. There’s a hole in the bucket.

Live and Learn

Create a setting that helps children understand what life was like in the story of Jesus and the woman at the well. (See John 4:7–44 IV/4:5–42 others.) Underground sources of water had to be located and were often not inside the towns or villages. The well in this story was some distance from the town. Women who had the job of fetching water would walk out to the well in the early morning when it was cool to fill their jars for the day.

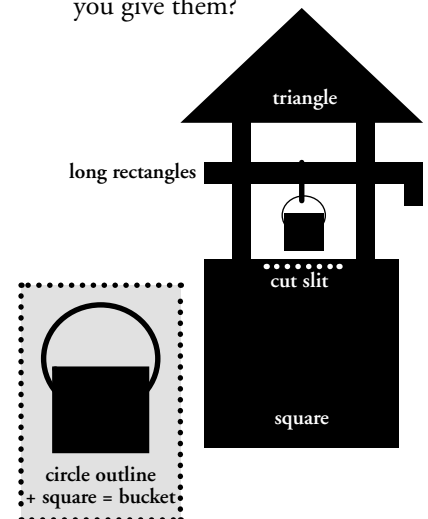
Make a working model of a well and let the children experiment with raising and lowering the “bucket” to bring up water. The model can be as simple as a large pot filled with water and small plastic cups with holes punched near the top, tied with a string handle to use for dipping. (Have paper towels handy.)

- Jesus and the disciples had been walking all morning. They were hot and tired and hungry.
- They were coming to a town. The disciples wanted to go in and get some food. Jesus told them to go ahead without him. He would just sit by the well and rest.
- It was quiet by the well in the middle of the day. Anyone coming to the well for water would have already come early in the morning when it was cool.
- Jesus looked up and saw a woman coming toward him. She was carrying a large jar that could hold water. She also had a bucket on a rope that she would need to draw the water up from the well.
- The woman looked at Jesus and walked on by without speaking. She didn't like to talk to people. She thought people didn't like her.
- But Jesus liked everyone. He smiled at the woman and asked for a drink of water.
- She was surprised! “Are you talking to me?” she asked. “You are a Jewish man and I am a woman from Samaria. Jews and Samaritans don't get along very well. Are you sure you want a drink of water from me?”
- Jesus smiled at her again. “If you knew who you were talking to, you would ask me to give you a drink of water.”
- The woman was puzzled. “How could you give me a drink? You don't have a bucket. You don't have a rope. The well is deep and you need those things to reach down with to get the water.”
- “When you're thirsty it is because your body needs water. Feeling thirsty makes you go look for a drink. But water isn't the only thing people need. People need to know about God. Wanting to know more and more about God is a little like being thirsty. You can go and find someone who can tell you about God and then you feel better.”
- “Can you tell me about God?” the woman asked.
- “I sure can,” Jesus said, and he began to tell her stories.
- The woman listened until she saw the disciples coming from town with the food. She knew they got to hear stories from Jesus all the time. She wanted people in her town to hear the stories too.
- So the woman ran all the way back to town and told everybody who would listen what had happened. The people were just as excited as the woman. They ran out to get Jesus and invited him to come into their town. They were all thirsty for stories.

Story Talking

Our bodies receive all kinds of messages, and we learn to respond to them. Place objects on the table that can be used to meet needs. Include a pitcher of water and a glass, a blanket and pillow, bandages, cheese and crackers, a flashlight, and a storybook. Present some of the following situations and let the children get the objects that would help with the problem. A different child can represent each example.

- Someone is hot and thirsty. What would you do?
- Someone is cranky, fussy, and rubbing their eyes. What would you do?
- Someone is bent over holding her knee. What would you do?
- Someone's stomach is growling. What would you do?
- Someone is scared of the dark. What would you do?
- Someone is bored. What would you give them?



There We Go

Help the children glue together shapes cut from construction paper onto a plain sheet of paper. (See sample above.) Attach one end of a piece of yarn to the roller and the other end to the bucket. Cut an opening in the center of the well so the bucket can be lowered out of sight and pulled back up.