

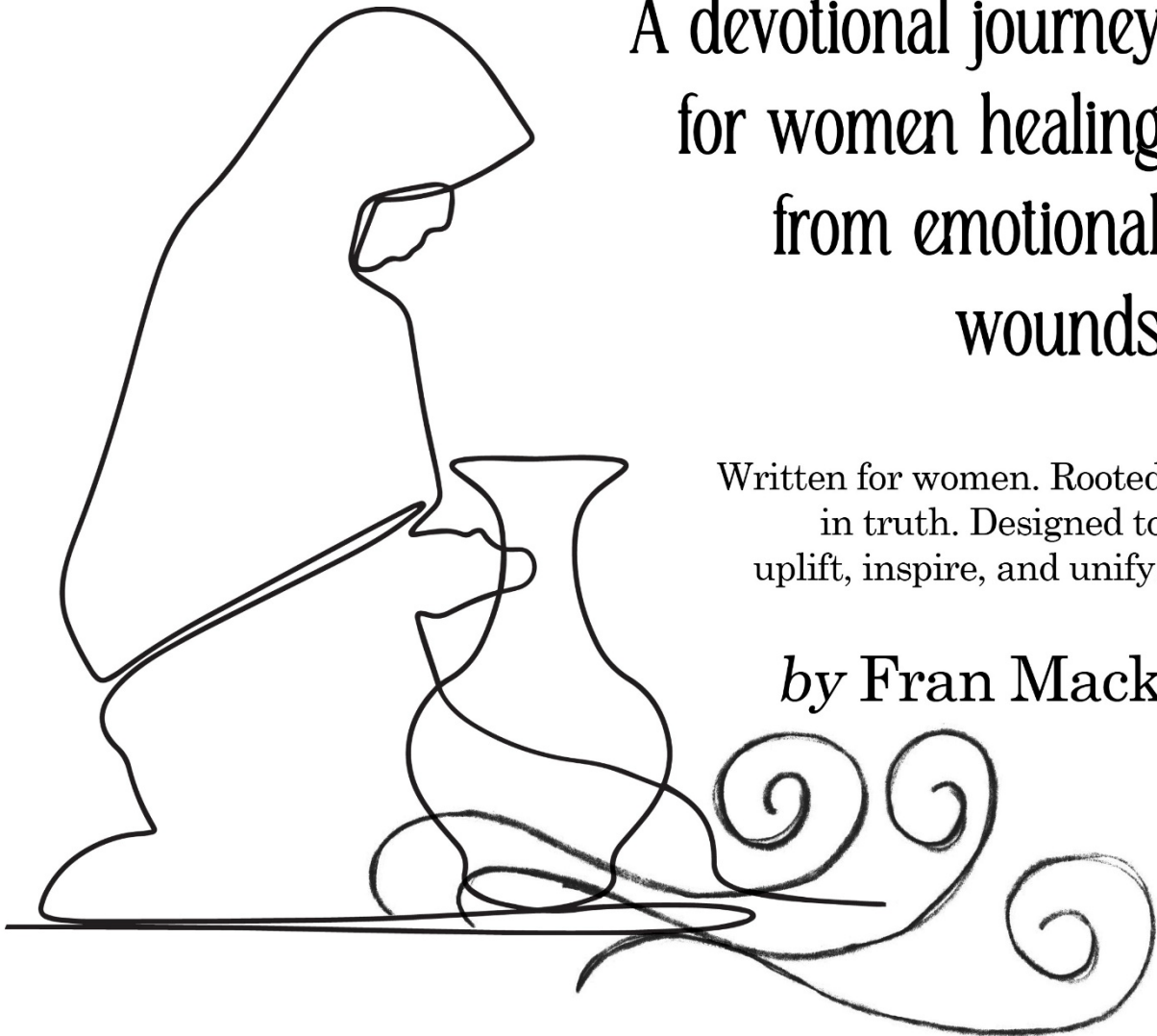
HE MET ME AT THE WELL

12 Part Devotional Series
Workbook

A devotional journey
for women healing
from emotional
wounds

Written for women. Rooted
in truth. Designed to
uplift, inspire, and unify.

by Fran Mack





IN THE NAME OF THE FATHER,
AND OF THE SON, AND OF THE
HOLY GHOST.

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IMPORTANT NOTE: We do not or will not attempt to address clinical depression and other mental illnesses from a clinical perspective. It is important to assess whether your condition should be attended by a mental health professional. Seeking the counsel of your pastor, minister, or spiritual leader, and finding a therapist in your local area might best suit your needs.

If you use this in a group or ministry setting, we'd love to hear how it's blessing you.

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*“To every woman who has come to the well—tired, thirsty, and still hoping... this is for you. He sees you.
He’s already there.”*

CONTENTS

HOW TO USE THIS WORKBOOK	5
OUR PRAYER FOR YOU	7
A GENTLE REMINDER	8
Workbook Week 1: The Well Is Deeper Than I Thought.....	9
Workbook Week 2: When You Feel Overlooked.....	13
Workbook Week 3: I'm Still Thirsty	17
Workbook Week 4: Letting Go of the Bitterness Within	21
Workbook Week 5: The Well of Tears	25
Workbook Week 6: The Freedom of Forgiveness.....	29
Workbook Week 7: When You're Tired of Coming Back Empty.....	33
Workbook Week 8: When Fear Meets the Truth.....	37
Workbook Week 9: When Conviction Hits Close to Home	41
Workbook Week 10: Faith in Pieces.....	44
Workbook Week 11: I Left the Jar Behind	48
Workbook Week 12: Renewed at the Well	51
Closing Reflection: From the Well to the Walk	54

HOW TO USE THIS WORKBOOK

Are you or the women in your community seeking healing from emotional wounds—heartbreak, abandonment, betrayal, or trauma?

This 12-part devotional series invites women into an honest, healing encounter with Jesus through the story of the Woman at the Well. Each devotion gently walks through scripture, offering fresh insight and compassionate reflection on emotions like shame, anger, grief, and fear.

You can complete one devotion per week or move at your own pace.

This devotional series isn't about checking a box or rushing through pages. It's about slowing down—just enough to let Jesus meet you where you are.

This workbook is designed to be used as a companion to the 12-part devotional teachings in the series, providing space to reflect, respond, and engage more deeply.

Each devotional worksheet is designed to guide you through one main story: the woman at the well, and the God who met her there. But this isn't just her story—it's yours too. Whether you're showing up out of habit, holding silent grief, or hoping for a fresh start, these pages are meant to be a sacred space for your soul.

Here's how to walk through each week:

1. Scripture Anchor

Start with the Scripture. Read it slowly. Sit with it. Let it speak first.

2. Today's Reflection – My Soul's First Response

This is where you respond to what stirred in you. Not polished thoughts. Just honest ones. Let the devotion provoke reflection, emotion, even questions. You don't have to figure it all out—just be open.

3. Key Truth I'm Holding On To

Every week, there's a truth worth carrying. Write it down. Remind yourself of it. Speak it out loud when needed.

4. An Honest Heart Scan

This section gets real. It's where you slow down and ask, *What's really going on inside me?* It's not about fixing yourself—it's about letting the Holy Spirit reveal what's been buried.

5. Let's Talk to God

These prompts help you pour your heart out in prayer. Use the starter lines or go off-script. There's no wrong way to talk to God here.

6. Journal Prompt / Soul Work

Take time each day to listen. Ask the question. Sit in stillness. Let Jesus answer. Then jot down what you sense—even if it's just one word or a single tear.

7. Key Questions to Reflect On

These questions help you dig deeper. Take your time. Don't rush past conviction or clarity. Let the questions bring you into conversation with the Lord.

8. Scriptures I'm Meditating On This Week

These are your anchor verses. Revisit them often. Speak them over your life. Write them where you can see them.

There's no pressure here.

This isn't about perfection—it's about presence.

Just keep showing up.

One page at a time.

One honest prayer at a time.

One healing moment at a time.

You don't have to come full.

You just have to come.

With love,

Fran Mack, Sundie Morning Sistas

OUR PRAYER FOR YOU

Dear Beloved,

As you turn these pages, we want you to know you're not alone. We've prayed for you—not just in general, but specifically. For the questions you're carrying. For the pain you may not have words for. For the places in your soul that feel worn down or quietly aching for something more.

We pray that our Lord and Savior, Jesus Christ, meets you—right where you are. Not where you “should” be. Not where you've tried to be. But right there, in the middle of what you're walking through.

We pray that you feel seen, even in the places you've learned to hide.

We pray that your heart softens where it's grown tired, and that your hope begins to rise again, even if it's slow.

We pray for divine interruptions—holy moments where the presence of God brushes up against your everyday life and reminds you that you're still His. Still chosen. Still deeply loved.

May the words you write here become healing markers of a journey you didn't think you had the strength to take—but did anyway.

And may every step draw you deeper into the well of living water that never runs dry.

With love and expectation,
Sundie Morning Sistas

A GENTLE REMINDER

Through faith in Jesus Christ, our spirit is made perfect—sealed, righteous, and complete in Him (*Hebrews 10:14, Ephesians 1:13*). But the soul—made up of our mind, emotions, and will—is still on a journey of healing and renewal. It's in the soul where wounds linger, where old lies take root, and where daily struggles are felt most deeply.

This devotional workbook is here to help with that part—the soul work. It's not about striving to become something you're not. It's about allowing the Holy Spirit to walk with you through what's still being restored. Week by week, as you reflect, pray, and journal, trust that God is doing something deeper than what you can always see. You are already fully loved, already chosen, already redeemed. Now your soul gets to catch up to what Christ has already finished in your spirit. Give yourself grace. The healing is unfolding.

He met her at the well. He'll meet you here, too.

WORKBOOK WEEK 1: THE WELL IS DEEPER THAN I THOUGHT

Scripture Anchor:

“Jacob’s well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime.”
— John 4:6, NLT

Today’s Reflection – My Soul’s First Response

Sometimes you show up out of habit, not even looking for anything deep—just going through the motions. That’s where the woman at the well was. She wasn’t looking for healing. She wasn’t trying to have a moment with God. She was just trying to get water and move on. And yet, Jesus met her there.

This week’s devotion might’ve stirred up more than you expected. That’s okay. Sometimes the Spirit touches something that’s been sitting in us for a long time—disappointment, rejection, feeling invisible—and we finally feel it instead of brushing it off.

- What part of this devotion stood out and stayed with you?
- What came up in your heart—frustration, sadness, hope, relief?
- Can you relate to her? Just showing up because it’s what you do... but secretly carrying things you thought nobody cared enough to ask about?








Key Truth I'm Holding On To


What truth do you feel God is highlighting to you?


 _____


An Honest Heart Scan

Let's pause here and get real for a second. When the Holy Spirit starts tugging on those hidden places, we usually feel *something*—and it's not always easy. It might come up as discomfort, hope, a little resistance, or all three at once. But whatever it is, don't ignore it. That's usually where the healing starts.

- What's stirring in your heart right now—are you feeling seen? Exposed? Encouraged? Maybe you're not sure yet, and that's okay too.
- What might Jesus be gently trying to help you see today—about how you see yourself, how you see Him, or what needs to shift inside of you?
- Is there something you've been avoiding because it feels too painful or too personal to deal with?

 _____

 _____

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Let's Talk to God

Write your own prayer based on this week's devotion.

Here's a place to start:

"Jesus, I didn't expect You to meet me here. I've grown used to hiding, but You still came. I don't have the full story to tell—but I offer You what I've been carrying..."

 _____

Journal Prompt / Soul Work

This week, take one quiet moment each day to imagine Jesus sitting at your version of the well. Ask Him:
“What are You showing me here?”

Write down one thing each day that He reveals.

Daily Reflections:

Monday  _____

Tuesday  _____

Wednesday  _____

Thursday  _____

Friday  _____

Saturday  _____

Sunday  _____

Key Questions to Reflect On

Some of us have places we go back to—not because they’re helping us heal, but because they’re familiar. Comfortable. Predictable. But sometimes Jesus shows up at that very place and asks something different of us.

Are there places or patterns in your life that you return to out of habit—but not healing?

Maybe it's a mindset, a relationship, or just the way you shut down when things get hard. What's that thing you keep circling back to, even though it's not really helping?



What do you sense Jesus might be asking of you today, even in a small way?

He's not pushy. But He *does* nudge. Is He asking you to open up a little? To release something? To believe that maybe you're not as forgotten as you've felt?



If I were to ask Him one question, what would I want to hear in return?

This one's personal. Let it be. If Jesus were sitting across from you at your own "well," what would your heart need to ask? And what would you hope to hear back?



Use these to guide your journaling or prayer time this week—one honest moment at a time.

Scriptures I'm Meditating On This Week

Isaiah 55:1 – "Is anyone thirsty? Come and drink—even if you have no money!"

Psalms 42:1 – "As the deer longs for streams of water, so I long for you, O God."

John 7:37 – "Anyone who is thirsty may come to me!"

WORKBOOK WEEK 2: WHEN YOU FEEL OVERLOOKED

Scripture Anchor:

“The woman was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, ‘You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?’”

— John 4:9, NLT

Today’s Reflection – My Soul’s First Response

There’s something sacred about being seen when you’ve gotten used to being invisible. The Samaritan woman’s first response wasn’t confidence—it was surprise. Her reaction carried the weight of years of cultural rejection, internal shame, and the quiet ache of being passed over. And still, Jesus initiated the conversation.

- What touched you first in this devotion? Was it her shock, His boldness, or the fact that this meeting was no accident?
- Can you relate to the feeling of someone crossing boundaries just to reach you—especially when you weren’t sure you were worth reaching?
- When someone truly sees beneath your mask and past, how does that feel? Are you comforted, or do you shrink back, afraid they’ll walk away once they see too much?









Take a moment here to be honest with your first response. Not the “*I know what to say*” one. Just the real, raw soul reaction to being chosen in a moment where you didn’t feel worthy of it.

Key Truth I’m Holding On To

What’s something that hit different today? Maybe it wasn’t loud. Maybe it came like a whisper. But you knew it was real.

What truth is quieting the fear that you’ll always be overlooked?

 _____

 _____


 _____

An Honest Heart Scan

Let’s be real—there are places in us that still ache from being overlooked. Not just once, but repeatedly. Maybe you’ve been faithful, consistent, and loving... and still felt like you didn’t matter. And you tried not to care, but your heart kept the receipts.

- What part of your story still feels invisible?
- Are there places where you've adjusted your expectations just so it wouldn't hurt so bad anymore?
- When Jesus leans in and says, “*I see you*”, do you believe Him... or do you brace yourself for disappointment?

This is your heart scan—not to condemn, but to invite. This week, let God put His hand on that invisible place. Let Him speak where you’ve grown quiet.

 _____

Let's Talk to God

Write your own prayer based on this week's devotion.

You can begin with:

"Lord, sometimes I feel passed over, but I want to believe You're speaking to me..."



Journal Prompt / Soul Work

This week, pause each day and ask:

"What might Jesus want to say to the parts of me I've stopped believing in?"

Write down one truth each day. Say it out loud—let it sink in.

Daily Truths:

Monday 

Tuesday 

Wednesday 

Thursday 

Friday 

Saturday 

Sunday 

Key Questions to Reflect On

These aren't just "check-the-box" questions. These are the kind that sit with you late at night, in the car, or while you're folding laundry—those Holy Spirit heart tugs that don't let up until something shifts.

Where do you still feel overlooked, unwanted, or dismissed?

Not just by people—but maybe even in your prayers. In your purpose. In how you see yourself.



What assumptions have you made about who God uses or speaks to?

Have you told yourself God only picks the polished, the perfect, or the ones who never got it wrong?



How would your heart show up differently if you really believed Jesus was talking to *you*—not just the person next to you?

What would change in your faith if you stopped disqualifying yourself?



Scriptures I'm Meditating On This Week

Psalms 27:10 – “Even if my father and mother abandon me, the Lord will hold me close.”

Isaiah 49:15 – “Can a mother forget her nursing child? ... I would not forget you!”

John 15:16 – “You didn't choose me. I chose you.”

Optional Soul Exercise

Mirror Moment:

Stand in front of a mirror this week. Look yourself in the eye and say aloud:

“Jesus sees me. Jesus speaks to me. I matter to Him.”

Repeat it until you believe it.

WORKBOOK WEEK 3: I'M STILL THIRSTY

Scripture Anchor:

“Jesus replied, ‘If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.’”

— John 4:10, NLT

Today’s Reflection – My Soul’s First Response

You ever show up, go through the motions, and still walk away feeling dry? Like, you’re doing all the “right” things—praying, showing up to church, maybe even encouraging others—but deep down, you know your soul’s still parched.


That kind of thirst isn’t about what’s happening around you—it’s about what’s been left empty *inside* you.

Jesus told the woman at the well, *“If you only knew the gift...”* And maybe that’s where some of us are. We know God’s real. We know He’s good. But maybe we’ve stopped believing He’s got something personal and refreshing *just for us*.

- What grabbed your heart as you sat with this devotion?
- Are you in a season where your heart keeps showing up but still feels dry?
- What part of this idea of “thirst” hits you the hardest—spiritual, emotional, even physical exhaustion?






 _____

Key Truth I'm Holding On To

What's one thing God is speaking over you today that feels like water in a dry place?

 _____

An Honest Heart Scan

Let's be real: we all try to quench our thirst somewhere. Sometimes it's success. Or being needed. Or scrolling. Or chasing stuff we thought would fill us. But the truth? Some of that stuff only leaves us thirstier than before.

- What have you been reaching for lately—hoping it would satisfy something deeper in you?
- Where do you need to stop trying to “fix it” yourself and actually let Jesus pour into you?
- Is there a place in you that's been running on empty for so long, you forgot what full even feels like?

Now's the moment to check in with your own heart. No shame, no fronting. Just honesty with the One who already knows.

 _____

Let's Talk to God

Write your own prayer based on this week's devotion.

Use this line to start if needed:

"Jesus, I admit I've been thirsty and reaching for everything but You..."



Journal Prompt / Soul Work

Each morning this week, whisper this prayer:

"Jesus, I'm thirsty for what only You can give."

Then take one full minute of quiet stillness.

Listen. Let your soul breathe.

Write down what you sense, even if it's just a word or an image.

Daily Stillness Notes:

Monday  _____

Tuesday  _____

Wednesday  _____

Thursday  _____

Friday  _____

Saturday  _____

Sunday  _____

Key Questions to Reflect On

Sometimes we don't realize how empty we are until everything we've been trying just... stops working. But that's not failure. That's the place where God meets us.

What have you been using to satisfy your soul that only leaves you thirstier?

This one's personal. Don't rush past it.



Are you afraid to admit where you're still empty? Why or why not?

There's no healing without truth. But truth without grace isn't Jesus. Be honest, and know He's still gentle.



What would it look like to sit with Jesus instead of striving for relief?

Not doing, not fixing—just *being* with Him. What does that look like for you?



Use these to guide your journaling or prayer this week—one honest moment at a time.

Scriptures I'm Meditating On This Week

Psalms 63:1 – “O God, you are my God... my soul thirsts for you.”

Isaiah 44:3 – “I will pour water on the thirsty land and streams on the dry ground.”

Matthew 5:6 – “Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Optional Soul Exercise: Cup Check

Every night this week, take a minute and check in with your soul—no noise, no pretending.

Ask yourself:

Was I being poured into today, or was I just pouring out?

Grab a glass—something empty. Hold it in your hands and let it represent where you are right now.

Then say:

“Lord, I'm tired of pretending I'm full. Fill me with what's real.”

Let it be your quiet surrender. Let it be the space where God meets your real need.

WORKBOOK WEEK 4: LETTING GO OF THE BITTERNESS WITHIN

Scripture Anchor:

“But sir, you don’t have a rope or a bucket,” she said, “and this well is very deep. Where would you get this living water?”

— John 4:11, NLT

Today’s Reflection – My Soul’s First Response

Sometimes bitterness sneaks in quiet—shaping your soul before you even realize it’s there. Like the woman at the well, you might not have a rope or bucket to pull that heaviness out, but that doesn’t mean it’s not weighing you down.

- What stood out to you in the devotion?
- Did you notice any bitterness or pain that has been shaping your soul without you realizing?
- When you heard the call to trade that bitterness for living water, how did your soul react—relief, resistance, maybe a little both?








Key Truth I'm Holding On To

What truth about letting go and receiving healing feels real and alive inside you right now?


What's the Word God's been dropping in your heart about bitterness and freedom?

 _____

An Honest Heart Scan

Bitterness can be like an anchor, keeping you stuck in old wounds or grudges you didn't even know you were holding. Jesus wants to lift that weight, but it starts with your choice.

- What corners of your soul have been drowning in bitterness?
- How is Jesus inviting you to stop carrying that load and start stepping into freedom?
- What would it take for you to say, *"I'm ready to let this go"*?

 _____

Let's Talk to God

Write your own prayer based on this week's devotion.

Here's a line to begin if you need it:

"Jesus, I want to release the bitterness in my soul and receive Your healing..."



Journal Prompt / Soul Work

This week, name the source of your bitterness in a journal or prayer—no filters, no edits. Then write this simple sentence underneath it:

"I choose to release this and receive what Jesus is offering me."

Each day, ask the Lord to help you refill your heart and soul with His peace.




Key Questions to Reflect On

Be real with yourself. This isn't about judgment—it's about freedom.


Have I been drinking from a well of bitterness or pain without realizing it?



Who or what do I still need to forgive—not to excuse, but to be free?

 _____

What would it look like to choose freedom instead of resentment today?

 _____

Use these to guide your journaling or prayer time this week—one honest moment at a time.

Scriptures I'm Meditating On This Week

Ephesians 4:31-32 – “Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other.”

Hebrews 12:15 – “See to it that no one falls short of the grace of God and that no bitter root grows up.”

Psalms 51:10 (NLT) – “Create in me a clean heart, O God. Renew a loyal spirit within me.”

WORKBOOK WEEK 5: THE WELL OF TEARS

Scripture Anchor:

“Jesus replied, “Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.”

— John 4:13-14, NLT

Today’s Reflection – My Soul’s First Response

Grief doesn’t always come with a loud cry. Sometimes it’s a quiet ache, a shadow that sits in your soul without permission. The woman at the well knew that kind of thirst—the kind that nothing but Jesus’ living water can satisfy.

- What stood out to you in the devotion?
- What feelings or images surfaced when you thought about the sadness and grief tucked inside you?
- How does it change your view of healing to imagine Jesus sitting with you in your pain—not trying to rush you, but simply being with you in love and presence?







Key Truth I'm Holding On To

- When grief feels like it's swallowing you whole, what truth about God's presence gives you breath—something solid you can cling to?
- What's the Word from God that reminds you you're not alone in your sorrow?



An Honest Heart Scan

Grief shows up in so many ways—loss, disappointment, empty seats, broken dreams. Sometimes we carry it deep in places we barely want to admit.

- Where in your soul do you carry sadness, grief, or loss?
- What is Jesus inviting you to bring to Him—right there, right now?
- How could you lean into His presence, letting Him hold what feels too heavy to carry alone?




Let's Talk to God

Write your own prayer based on this week's devotion.

Here's a line to begin if you need it:

"Jesus, thank You for sitting with the sadness I carry in my soul..."

 _____

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Journal Prompt / Soul Work

This week, give yourself space to grieve. Write a letter to Jesus, telling Him what hurts—even if the words feel messy. Then ask Him to sit with you there. Don't rush. Just be real.

 _____

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Each day, ask:

"Jesus, what do You want me to know about this sadness in my soul?"


Write a few words below.

Monday  _____

Tuesday  _____

Wednesday  _____

Thursday  _____

Friday  _____

Saturday  _____

Sunday  _____

Key Questions to Reflect On

This week, be real with yourself and God. Don't rush past what's heavy. Let these questions open the door for healing.

What sadness or loss have you been carrying in your soul without sharing?



How can you bring that sadness before God this week?



What promises of hope can you hold onto when grief feels heavy?



Use these to guide your journaling or prayer time this week—one honest moment at a time.

Scriptures I'm Meditating On This Week

Psalms 56:8 (NLT) – “You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.”

Isaiah 61:3 (NLT) – “...to all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning...”

Matthew 5:4 (NLT) – “God blesses those who mourn, for they will be comforted.”

Lamentations 3:22–23 (NLT) – “The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness...”

WORKBOOK WEEK 6: THE FREEDOM OF FORGIVENESS

Scripture Anchor:

“But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.”

— John 4:14, NLT

Today’s Reflection – My Soul’s First Response

Forgiveness ain’t easy. When Jesus talks about that fresh, bubbling water—freedom that never runs dry—it’s not just a nice idea. It’s a radical invitation. One that stirs up feelings you might not be ready to face yet.

- What stood out to you in the devotion?
- What emotions came up when you read Jesus inviting you to forgive?
- How does forgiveness touch that part of your soul aching for freedom and healing?







Key Truth I’m Holding On To

What truth about forgiveness is starting to loosen the chains around your heart?

What truth about forgiveness brings freedom to your soul?



An Honest Heart Scan

Let's get honest—who or what is still holding you captive?

Who or what has your soul tangled up in pain or anger?

How is Jesus inviting you, right now, to take one step toward freedom—even if it's small?

 _____

 _____


 _____

Let's Talk to God

Write your own prayer based on this week's devotion.

Here's a line to begin if you need it:

“Jesus, I don't know how to let go, but I'm willing to try...”

 _____

Journal Prompt / Soul Work

This week, write a letter of forgiveness—to yourself or someone else—whether you send it or not. Let God speak into this place of release and healing.

 _____

Daily Freedom Check-In:

Each day, whisper this prayer:

“Jesus, I release what I was never meant to carry.”

Note anything that surfaces afterward—emotions, memories, peace, resistance.

Monday  _____

Tuesday  _____

Wednesday  _____

Thursday  _____

Friday  _____


Saturday  _____

Sunday  _____


Key Questions to Reflect On

These questions are like that friend who keeps it real, pushing you toward freedom with love.


Who or what do I need to forgive to find freedom?

 _____

How can I start forgiving even when it feels impossible?

 _____

What does God's forgiveness mean for my own healing journey?

 _____

Use these to guide your journaling or prayer time this week—one honest moment at a time.

Scriptures I'm Meditating On This Week

Ephesians 4:31-32 – “Get rid of all bitterness... Be kind and compassionate to one another, forgiving each other...”

Colossians 3:13 – “Forgive as the Lord forgave you.”

Psalms 103:12 – “As far as the east is from the west, so far has he removed our sins from us.”

Optional Soul Exercise: Burn or Bury (Symbolic Release)


Write the name, memory, or burden you're ready to forgive. Then choose your release:

- Burn it safely outside (only if it's legal and safe where you are).
- Or bury it in the ground as a symbol of letting go and new life.

After your chosen act of release, pray aloud:

“Jesus, thank You for carrying what I no longer have to hold.”

Let this moment mark a shift in your soul.

 **Important Disclaimer:** Only burn paper if it is safe, legal, and permitted in your location. Use extreme caution and assume full responsibility for your own actions and safety. The author and publisher are not liable for injury, damages, or fire hazards resulting from this exercise.

WORKBOOK WEEK 7: WHEN YOU'RE TIRED OF COMING BACK EMPTY

Scripture Anchor:

"Please, sir," the woman said, "give me this water! Then I'll never be thirsty again, and I won't have to come here to get water."

— John 4:15, NLT

Today's Reflection – My Soul's First Response

There comes a point when you get tired of pretending. Tired of going through the same motions, saying the same prayers, and still coming up empty. The woman at the well hit that point—and she didn't sugarcoat it. She said, *"Give me that water. I'm tired of coming here."*

- What stood out to you in the devotion?
- Are there areas of your life where your soul feels stuck on repeat—always reaching but never satisfied?
- Did you connect with the woman's weariness or her bold request for something different?








Key Truth I'm Holding On To

Jesus doesn't just offer relief—He offers renewal.

What truth is He whispering to your soul today about the dry places that keep pulling you back?

What's He saying about the cycles He wants to break?

 _____

An Honest Heart Scan

Let's be real—where are you the most tired?

What area in your soul feels dry, cracked, maybe even numb?

What would it actually *mean* to receive living water there—like, for real?

 _____

Let's Talk to God

Sometimes prayer isn't polished. It's raw. It's honest. It sounds like, “*God, I don't even know what to say today, but I know I need You.*” That's enough.

If you need a place to start:

“Jesus, I'm tired of going through the motions. My soul is dry—Help me drink from what's real and alive in You—right here, right now.”

Now go from there. Be real. Don't hold back. Talk to Him like He's right there—because He is.

 _____

 _____

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Journal Prompt / Soul Work

Make a list of the areas in your life where you feel the most drained—emotionally, mentally, or spiritually.

Then next to each one, write:

“Jesus, I invite You into this place. Help me draw from the living water You’ve already placed within me.”

 _____

Key Questions to Reflect On

These are the questions that pull us into the deep end—where Jesus does His best work.

What “wells” have I been returning to that leave me empty?

 _____

Where is my soul running dry—and what might Jesus be offering me there?

 _____

What does it look like for me to receive His living water today?

 _____

Scriptures I'm Meditating On This Week

Isaiah 55:1 – “Is anyone thirsty? Come and drink...”

Matthew 11:28–29 – “Come to me, all of you who are weary and carry heavy burdens...”

Psalms 63:1 – “My soul thirsts for you... in a dry and weary land where there is no water.”

WORKBOOK WEEK 8: WHEN FEAR MEETS THE TRUTH

Scripture Anchor:

“Go and get your husband,” Jesus told her. “I don’t have a husband,” the woman replied. Jesus said, “You’re right! You don’t have a husband.”

— John 4:16–17, NLT

Today’s Reflection – My Soul’s First Response

There’s a kind of freedom that comes when truth meets love. When Jesus told her, *“Go call your husband,”* He wasn’t trying to shame her—He was pulling her into healing. But let’s be honest: sometimes that kind of truth-telling makes us flinch.

What hit your heart as you read this week’s devotion?

Did anything rise up in you—fear, hesitation, maybe a “please don’t go there” moment?

How did Jesus’ gentle invitation to truth challenge or comfort you?



Key Truth I'm Holding On To

What truth is God using to quiet your fear and move you toward healing?

What word from this devotion is sticking with you—the one your soul keeps circling back to?

 _____

An Honest Heart Scan

Fear has a way of convincing us that hiding is safer than healing.

But Jesus didn't expose her to shame her—He invited her to step into something real.

- Where in your soul has fear been calling the shots?
- Is there something you haven't wanted to face—but Jesus is gently bringing it to the surface?
- What would trust look like right there?

 _____

Let's Talk to God

Write your own prayer based on this week's devotion.

Start here if needed:

"Jesus, I've let fear have too much space in my soul. But I believe You're calling me to trust You..."

 _____


Journal Prompt / Soul Work


This week, write down the fears that come up around healing, vulnerability, or facing change.

Name them. Don't dress them up—just be honest.

Then choose one **of the scriptures from this week's list** (below) and write it under each fear like a covering. Let God's Word speak louder than the voice of fear.

Pray it aloud. Every day. Until your soul starts to believe it.

 _____

 _____


 _____

Key Questions to Reflect On


What fears are keeping me from walking in the healing God already has for me?

 _____

What's one small step I can take toward trust this week?

 _____

What promises from God do I need to hold onto when fear starts talking loud?

 _____

Scriptures I'm Meditating On This Week

Isaiah 41:10 – “Do not fear, for I am with you.”

Psalms 56:3 – “When I am afraid, I put my trust in you.”

2 Timothy 1:7 – “God gave us a spirit not of fear but of power, love and self-discipline.”

WORKBOOK WEEK 9: WHEN CONVICTION HITS CLOSE TO HOME

Scripture Anchor:

“‘Sir,’ the woman said, ‘you must be a prophet.’”

— John 4:19, NLT

Today’s Reflection – My Soul’s First Response

Conviction has a way of making us squirm. It pokes at the places we’d rather not talk about—the stuff we’ve buried deep, hoping God wouldn’t bring it up. But what if conviction is actually kindness? What if it’s God saying, “*Let’s heal this, not hide it.*”

- What stood out to you in the devotion?
- Did you feel yourself wanting to “*change the subject*” or avoid what God’s showing you?
- How did it hit your soul to realize that conviction isn’t shame—it’s grace?







Key Truth I’m Holding On To

What truth is God surfacing for you—something that might feel a little uncomfortable, but you know it’s where healing begins?



An Honest Heart Scan


Jesus doesn't expose to embarrass—He reveals to restore.

- What part of your inner life is God gently uncovering right now?
- Where have you been hiding, deflecting, or just trying to “*manage*” what really needs to be healed?



Let's Talk to God

Prayer isn't about finding the right words—it's about bringing your real heart to a real Savior. If you need a starting place: “*Jesus, I know You see what I've tried to bury. Help me not to run. Help me stay present while You do the healing work my soul needs...*”



Journal Prompt / Soul Work

This week, ask God:

“What are You bringing to the surface for healing?”

Write down what comes—don’t judge it. Don’t edit it. Don’t fix it. Just sit with it in God’s presence.

Then each day, pray this:

“Lord, don’t let me deflect. Help me stay with You in the hard, holy places.”



Key Questions to Reflect On

When has God brought something up that I tried to ignore or avoid?



Why do I tend to deflect when I feel conviction?



What could healing look like if I stayed open instead of shutting down?



Scriptures I’m Meditating On This Week

Psalms 51:6 – “You taught me wisdom in that secret place.”

Proverbs 3:12 – “The Lord corrects those he loves.”

Revelation 3:19–20 – “I correct and discipline everyone I love... I stand at the door and knock.”

WORKBOOK WEEK 10: FAITH IN PIECES

Scripture Anchor:


“But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way.”

— John 4:23, NLT


Today’s Reflection – My Soul’s First Response

Sometimes we don’t show up with strong faith—we show up with scraps.


What stood out to you in the devotion?

 _____

Did the image of faith coming in fragments hit something personal for you?

 _____

How did it feel to realize that God doesn’t need the “perfect version” of you to meet you right where you are?

 _____

Key Truth I’m Holding On To

He meets me right in the middle of the mess—not after I’ve cleaned it up.

God doesn’t wait for the polish. He meets us in the realness of where we are. What truth is anchoring your soul today?

 _____

An Honest Heart Scan

Sometimes we're walking around with broken pieces and calling it strength.
But God sees past the front—and He's not put off by the pieces.

- What part of your soul feels fractured, unsure, or straight-up tired?
- Where do you long for wholeness but keep showing up in survival mode?
- What would it look like to let your honesty become part of your worship?



Let's Talk to God

You don't have to fake it in prayer. Just bring what's real.

Here's a starting place if you need it:

"Jesus, I don't have it all together. I come to You tired, distracted, and sometimes unsure. But I stand before You, thanking You for being the God who restores and transforms. I offer myself as a living sacrifice, trusting Your plan—even when I don't see the full picture. Take what's cracked and make it whole. Shape me into who You've called me to be. I don't want to just survive—I want to walk in the fullness of what You have for me."

Now keep going. Say what's in your heart—even if it's messy, even if you're not sure how to say it.



Journal Prompt / Soul Work

Each day this week, bring your fragmented faith to Jesus. You don't need to come perfect. Just come present.

Start your time with this honest line:


"Here's what I have today, Lord..."

Then write honestly, without shame.




Key Questions to Reflect On

What part of my soul is still healing or in doubt?



Have I been holding back from God, waiting to feel whole before I get close?



How does God respond to my raw honesty?



Scriptures I'm Meditating On This Week

Psalms 34:18 – “The Lord is close to the brokenhearted...”

Isaiah 42:3 – “He will not crush the weakest reed...”

Romans 12:12 – “Be patient in trouble, and keep on praying.”

WORKBOOK WEEK 11: I LEFT THE JAR BEHIND


Scripture Anchor:


“The woman left her water jar beside the well and ran back to the village, telling everyone, “Come and see a man who told me everything I ever did! Could he possibly be the Messiah?”


— John 4:28-29, NLT

Today’s Reflection – My Soul’s First Response

- What stood out to you in the devotion?
- Did the image of the jar hit something deep in you—something you’ve been carrying for too long?
- What’s one thing you sensed the Holy Spirit whispering as you read?

 _____

 _____

 _____

Key Truth I’m Holding On To

I don’t have to keep carrying what Jesus already freed me from.

That truth doesn’t just free our hands—it frees our hearts too. What truth is rising up in your spirit right now?

 _____

An Honest Heart Scan

What have you been holding onto that might be tied to an old identity, habit, or fear?

What might Jesus be inviting you to leave behind?



Let's Talk to God

Here's a prayer to get you started:

"Jesus, I don't want to carry this jar anymore—this shame, this pattern, this fear. I leave it with You. Help me walk in faith, trusting what You've already written over my life. Let me live out the freedom You secured for me, even in the places I once tried to hide."




Journal Prompt / Soul Work

This week, write a bold declaration of freedom:


"I no longer carry _____, because Jesus has met me there."

Say it aloud every morning. Look yourself in the mirror if you need to. Let your soul catch up to what's already true.


 _____

Key Questions to Reflect On


What “jar” do I need to put down for good?

 _____

Have I been clinging to a story that God already rewrote?

 _____

What does boldness look like for me now that I’m not carrying what used to weigh me down?

 _____

Scriptures I’m Meditating On This Week

2 Corinthians 5:17 – “The old life is gone; a new life has begun!”

Galatians 5:1 – “Now make sure that you stay free...”

Isaiah 43:18–19 – “Forget the former things; ...I am doing a new thing!”

WORKBOOK WEEK 12: RENEWED AT THE WELL

Scripture Anchor:

“Many Samaritans from the village believed in Jesus because the woman had said, ‘He told me everything I ever did!’”

— John 4:39, NLT

Today’s Reflection – My Soul’s First Response

What stood out to you in the devotion?



Was there a moment in her story that reminded you of your own?



Did something stir in you as you read about her boldness to testify after being renewed?



Key Truth I’m Holding On To

Healing isn’t just about getting through the hard stuff.

It’s about becoming someone new.

It’s your soul finally catching its breath—restored, reawakened.

God doesn’t just patch up the broken pieces.

He reshapes them into something more beautiful than before—using the same story, but giving it new meaning.

Where do I see God making something new out of my old story?

 _____

An Honest Heart Scan

We don't always realize renewal is happening until we stop and look back.

What has Jesus already renewed in your soul?

Where is He still doing a quiet work beneath the surface?

 _____

Let's Talk to God

You can start your own prayer, or begin here:

“Jesus, thank You for renewal. Thank You for breathing life into the places I thought were done. Keep shaping me. Keep healing what still hurts. Let my life reflect the work You’ve already finished, even when I’m still growing into it. Help me live like someone who’s been made new—and not ashamed of the story You brought me through.”

Now write your own words to Him. Speak from where you are.

 _____

Journal Prompt / Soul Work

Write your testimony—right here. It doesn't have to be polished. It just needs to be honest.

What has Jesus renewed in you? Where were you empty, and now you're full? Where were you lost, and now you're steady?

After writing it, ask:

Who needs to hear this?

Then pray for courage and an opportunity to share it.



Key Questions to Reflect On

What story of hope am I carrying today?



Where can I see God doing a “new thing” in me?



Who could be encouraged by my testimony?



Scriptures I'm Meditating On This Week

2 Corinthians 5:17 – “If anyone is in Christ, the new creation has come...”

Isaiah 43:19 – “Now it springs up; do you not perceive it?”

Psalms 51:12 – “Restore to me the joy of your salvation...”

CLOSING REFLECTION: FROM THE WELL TO THE WALK

So here you are.

Twelve weeks later. A little lighter. A little clearer. Maybe still a little unsure—but in Christ...never empty. You've sat with the questions. You've named the hard stuff. You've shown up with dry places, cracked places, forgotten places—and you've let Jesus meet you there, not with shame, but with living water.

Now comes the walk.

Because healing wasn't just for a moment at the well. It's for the whole journey.

It's how you move now. It's how you see yourself now. It's how you respond when the old lies come knocking.

This isn't about pretending you're whole—it's about living like someone who knows where to go when you don't feel like you are.

It's about walking like the woman who left her jar behind.

Like the one who finally believed her voice had value.

Like the one who ran back, not with answers, but with **evidence**.

"Come see a man who told me everything I ever did... and still didn't walk away."

That's what renewal does—it doesn't erase the story.

It redeems it.

It reclaims it.

It rewrites what shame tried to narrate.

So if you ever find yourself slipping back into old cycles, carrying old jars, or doubting the work God's done in you—

pause.

breathe.

and remember:

You are seen.

You are called.

You are changed.

Because once you've tasted living water, your soul never forgets the way back to the Well.