

Journey to the Well

by Bishop Vashti M. McKenzie

Discussion Guide

Journey to the Well, by Bishop Vashti M. McKenzie (Penguin Compass, copyright c2002), contains twelve lessons of faith for women along with a process for spiritual development following each lesson. Her book examines the story of the Samaritan woman who meets Jesus at the well and shows how personal transformation can take place today by spending time with God. Journey to the Well invites readers to drink deeply of the Living Water offered by Jesus and to have their lives transformed by God's power and love.

Permission is granted to reproduce this discussion guide.

Chapter 1

A Woman With One Hope

This chapter looks at the woman from Samaria and what it's like to be down to your last hope.

1. Share why you have selected this book to read and what you hope to learn from it.
2. The Samaritan woman's life was out of control. How does that feel? Share a time when your life seemed out of control.
3. Why do we live in hope? Why is it important? What does it mean to be a woman of hope?
4. What do we learn about the love and compassion of Jesus from this story?
5. How was the Samaritan woman changed by meeting Jesus?

Chapter 2

A Woman Open to God

This chapter looks at how God speaks to us and offers opportunities to grow and change.

1. What are the characteristics of a woman open to God?
2. Give an example of how God meets us in the ordinary.
3. List and discuss invisible women in our society. What makes them invisible?
4. What was out of the ordinary in the encounter between Jesus and the woman?
5. Explain what it means to be a woman of unexpected opportunity.

Chapter 3

A Woman in Time

This chapter shows how Jesus waits for you at your well of necessity and looks at the issues of God's timing and destiny.

1. How do you know when it is "the right time?"
2. Discuss what it means to be a woman in time.
3. What is needed in order to discover your destiny? Who controls it?
4. Explain the meaning of kairos moments and give an example of one.
5. What is well consciousness and how do you develop it?

Chapter 4

A Woman Pregnant with the Possibilities of God

This chapter shows how to carry your own weight and fulfill your potential.

1. Share a lesson that you learned growing up as a girl.
2. What is meant by surrogate living and how can you stop it?
3. Why do women become surrogates?
4. Discuss what it means to be your own birth mother.
5. How can you become pregnant with the possibilities of God? What lessons can be learned from Mary, the mother of Jesus?

Chapter 5

A Woman Breaking Down Barriers

This chapter offers encouragement to reach for your higher self by overcoming life's roadblocks.

1. Share a time you faced an unexpected barrier.
2. List and discuss some of the barriers that divide and lessen us.
3. Name the barriers faced by the Samaritan woman.
4. Discuss how Jesus set an example for us to move forward.
5. List some ideas and strategies for overcoming the obstacles of life.

Chapter 6

A Woman Overcomes Learned Ignorance

This chapter encourages making informed choices and taking risks in life.

1. Share a time when you wished to remain ignorant.
2. Discuss why some people use the crutch of informed ignorance.
3. Explain why ignorance is not bliss. What do we miss out on?
4. List and discuss the benefits of taking a risk. Give an example from your life.
5. How do you overcome learned ignorance? Share some ideas and strategies.

Chapter 7

A Woman Discovers a New Way of Thinking

This chapter encourages the process of transformation by creating a new definition of self.

1. What happens when we ask God to help us make our life choices?
2. Discuss what should and should not define who we are.
3. How did Jesus create a desire for Living Water in the Samaritan woman?

4. Explain how Jesus' conversation with the woman was an exercise in visual learning.
5. List and discuss the three things required in order to make life changes.

Chapter 8

A Woman Faces Her Past

This chapter shows how to confront your past so you can have a future.

1. List some problems or situations that last a long time and are difficult to deal with.
2. Explain what it means that the Samaritan woman had to go back before she could go forward. Why did she need to let go of old thinking?
3. What prevents us from changing and doing things in a new way?
4. What happens when you retrieve and retrospect in the presence of Christ?
5. What are unresolved women? What is needed for resolution to occur?

Chapter 9

A Woman Without Excuses

This chapter shows how playing the victim limits our choices in life.

1. List some common excuses that people make on a regular basis.
2. What did Jesus help the Samaritan woman learn about her excuses? How was she changed?
3. Explain why excuses are actually decisions.
4. Give some examples of what it means to live beyond limitations.
5. Discuss how women of choice view life and name some questions they ask to guide their choices.

Chapter 10

A Woman Takes an Opportunity

This chapter shows how teachable moments and the ability to accept opportunities change lives.

1. List and discuss the opportunities most people are offered during a lifetime.

2. How can you tell if an opportunity is good or bad?
 3. Why did the Samaritan woman respond to opportunity to changing the subject?
 4. What is a teachable moment and how should you respond to it?
 5. Why did the Samaritan woman's barriers crumble?
-

Chapter 11

A Woman of Value and Worth

This chapter shows how tests can become testimonies and can transform us.

1. Share a time when you lived in darkness. How do you view life when you live in the dark?
 2. Discuss what was amazing about Jesus' first sermon.
 3. What are your expectations when you worship God?
 4. What prepares us to receive the revelations of Christ?
 5. Discuss what it means to worship in spirit and in truth.
-

Chapter 12

A Woman with Purpose

This chapter examines the defining moments in life that have the power to change you.

1. Explain what a defining moment is and give an example of one.
2. What is the true test of personal transformation?
3. What is meant by the statement that vision is the destination of purpose?
4. What is a Created Purpose and how do you discover it?
5. Share what you have gained from reading this book and your discussions.