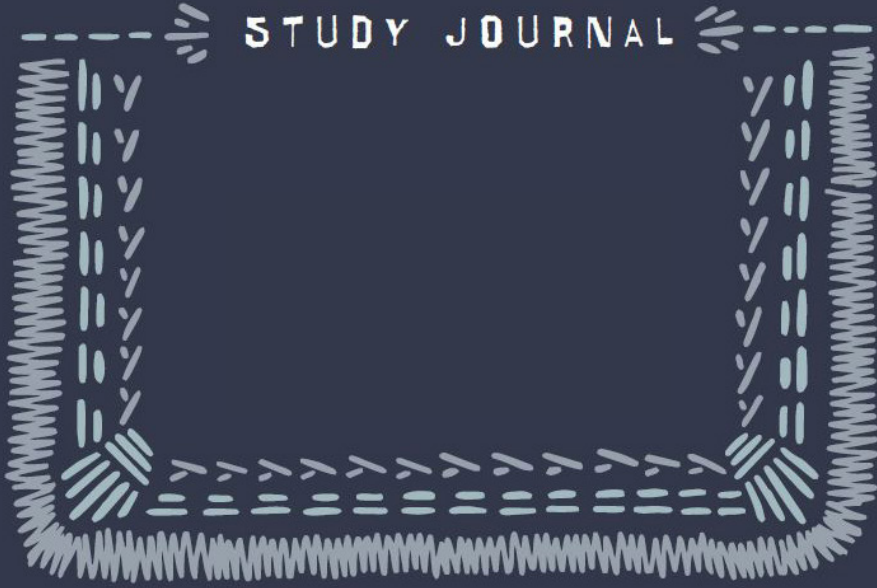


UNRAVELED

SEEKING GOD WHEN OUR PLANS FALL APART



STUDY JOURNAL



You Ask of Me | Hannah Garrity



UNRAVELED

THE SAMARITAN WOMAN AT THE WELL

Unraveled Shame

READ // JOHN 4:1-29

FROM THE ARTIST // HANNAH GARRITY

Why are you asking me? As a woman in a patriarchal society, I have been faced with subordination throughout my life. I mostly do not feel it. I have learned self control from a young age and I have been taught to appreciate what I have. These skills are the reasons that I have the extensive happiness and comfort that I enjoy on a daily basis. However, the patriarchy still exists. Along with the external blocks, the glass ceilings, I am finding that I stand in my own way, too. Despite the tireless efforts of my parents to teach us of a world of equality and opportunity, I have still imbibed the societal belief that I, as a woman, am lesser; that my skills do not measure up, that my salary should not be equal or more, that I work too much, that I spend too little time with my children, or that I will not succeed at the next challenge. None of these things are true, and yet I throw the roadblocks of patriarchy before myself anyway. The woman at the well had multiple levels of societal oppression standing like a wall between Jesus and her. She was not of the same race or gender as he, and she was unwed, unprotected. I can understand why she questioned God's call for water. Why would he address her as an equal? Are you asking me? Are you sure you meant to do that? Are you sure that I measure up?



RESPOND

THE SAMARITAN WOMAN AT THE WELL

Unraveled Shame



LOOK

Take a few moments to gaze upon the artwork. Breathe deeply in quiet meditation as you observe the visual qualities of what you see: color, line, texture, movement, shape, form.

Now take a deeper look. What parts of the image are your eyes most drawn to? What parts of the image did you overlook?

Now engage your imagination. If you were to place yourself in this scene, where would you be and how would you interact with what surrounds you?



REFLECT

- What has unraveled and/or is unraveling in this story?
- What racial, cultural, gender, and religious barriers exist between Jesus and the Samaritan woman? How are these barriers broken down in their encounter?
- What do you imagine is the woman's story? What layers of shame does she carry and why?



WRITE

Researcher and storyteller, Brené Brown,⁵ says, “Shame is the most powerful, master emotion. It’s the fear that we’re not good enough.” In the space below, name and release any feelings of shame you carry.



PRAY

Unravel my shame, O God, with the promises that I am always loved and forever worthy. Amen.

⁵ Learn more about Brené’s work by visiting: <https://brenbrown.com/>