

Abide

Learning to be with Jesus

Small Group Notes

Text:

John 15:1-11

Title:

Introduction to abiding & spiritual disciplines

Further scriptures:

1 Thess. 5:16-18

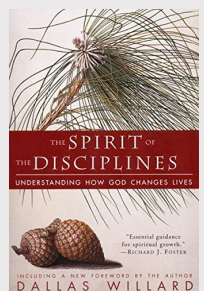
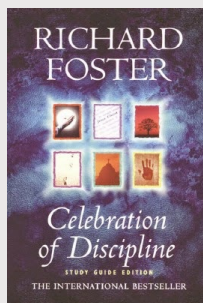
Mark 3:14

Acts 4:13

Romans 12:1

Matt. 7:24

Phil. 4:8-9



Last Sunday we began thinking about what it means to 'keep company with Jesus' or 'Abide'. We thought about what abiding was, why it was important and how we could grow in it.

Reflect

1. What most impacted you from the passage or from the preach?
2. What do you understand 'abiding' to be? How does Jesus' picture of the vine and branches help us understand?
3. Why is abiding important? What is the goal?
4. What does abiding currently look like in your life?
5. 'Effort is not the same as earning.' What do understand by this statement in relation to spiritual disciplines?

Respond

1. If you haven't done so already, take a few minutes to complete the 'Abiding questionnaire'. Share you results with one another.
2. What is your response to the encouragement to adopt spiritual disciplines as a way of abiding in Christ? What questions do you have? Do you have any concerns?
3. Which spiritual disciplines / practices do you currently do? What do you find helpful about them?
4. Does your schedule (the things you do) align with your values (the things you care about). Where do they not align and why is this?
5. What might you need to change in your diary or priorities to pursue a life of abiding?

Practice

1. Make a list of what things in your life grow your affection and intimacy with Jesus and what things dull them? Reflect on how much time you give to doing both. Choose one practice / activity that you know helps you feel close to Jesus and commit to doing it more regularly.

Further reading

Here a few great books if you want to dig a little deeper:

The Attentive Life, *Leighton Ford*

A Celebration of discipline, *Richard Forster*

The Spirit of the disciplines, *Dallas Willard*