

# Abide



## Abide - Formed and Fruitful

**Date:** Sunday 8th January 2023

**Speaker:** Jo Ramdas-Harsia (City Centre) // Becky Stamps (South).

**Key Verses:** John 15:1-6 (Galatians 5:22-23)

### Talk Summary:

How do we remain centred in God's peace and presence when so much around us in the world is uncertain and stressful? In John 15, Jesus speaks of himself as the true vine, the source of all life and fruitfulness. He is the source of abundant life – He says that apart from Him we can do nothing. If we remain in Him, we will bear *much* fruit

**What does it mean to abide in Jesus?** Abiding or remaining in Jesus means spending time with Him and living life with and through Him. Spending regular time with the Lord on a daily basis leads naturally to fruitfulness. Like we need regular physical food or we weaken and get sick, we also need regular spiritual food to stay spiritually healthy.

### How do we abide in Jesus?

Becoming spiritually fit is a bit like becoming physically fit - it takes time and it helps to start with something manageable and build up from there.

Here are a few tips:

1. **Know when you are most productive.**
2. **Don't expect every day to be the same.**
3. **Set a regular time and place.**
4. **Make seasonal changes to your routine.**

5. **Be accountable.**
6. **Make it a lifestyle choice and not a fad.**
7. **Start easy and build up gradually.**

James Clear has become well known through his teaching on creating good habits and he talks about '**habit stacking**'. Here is a link to a useful youtube video if you'd like your small group to explore this further: <https://www.youtube.com/watch?v=J15DCpKhkoQ>

### **Worship**

*Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.*

*(Small group worship resources can be found at [bvc.so/sgworship](http://bvc.so/sgworship))*

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

*If you have a time of singing you can skip the above questions but please do ask this question each week:*

- What has God been speaking to you about this week? (Go around the group quickly don't spend a long time on it)

### **Discussion Questions (choose some which are most relevant to your group)**

- What does it mean to you to be abiding in Christ?
- How can we prioritise our time in the coming year to ensure it is reflecting what is important to us and the Lord?
- If you have managed to build good habits in this area of abiding in the Lord, what tips could you share with the group about how you have managed to do that?
- How can we be accountable to each other in what we have discussed this evening?

### **Witness - How would you share what you have learned with a non-church friend?**

We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus. Pick one of the below each week:

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invitation to?

### **Other Notices:**

- Don't forget we have a bring & share lunch after our AM services this weekend! Bring something delicious to share!