

come and see

Week 11: Life-sustaining Measures

John 15: 1-17

Summary

In Acts 17, Paul describes for a group of elite Greek philosophers that their “Unknown God” can be known—in fact, that it’s “in him that we live and move and have our being” (Acts 17:28). Through the mystery of the Trinity, Jesus’ own description of himself had been a similar life-sustaining power—here in John 15:1-17. Jesus describes Himself as the true vine and his followers as the branches. He emphasizes the essential importance of remaining connected to him in order to bear fruit. In fact, he says that apart from him, they can do nothing. Following on from that, Jesus calls his disciples to love one another as he has loved them (love = agape others-oriented and self-sacrificial), and stresses that obedience to His commands is a demonstration of that love. Jesus’ teaching here weaves together these three key threads: connectedness to Jesus, loving one another as he has loved them, and obedience to his teaching.

Read John 15:1-17.

REFLECTION QUESTIONS:

For you

1. In what activities have I found the best connections with God?
2. What obstacles or distractions in my life hinder my ability to remain connected to Christ?
3. What opportunities have I seen recently to grow in a spiritual practice that I don’t find ‘natural’? Where can I say “yes” to growing in one of those spiritual practices?
4. What specific fruits do I believe God is calling me to bear in my community?
5. A Spiritual Practice to try: Breath Prayers
 - a. Sit quietly and comfortably. Start by praying for God to lead you and guide you.
 - b. Close your eyes and breathe deeply and slowly.
 - c. With each inhale breath, pray “Spirit of the Christ.”
 - d. With each exhale breath, pray “I abide in you...”
 - e. Rest in the presence of the all-loving God. Stay open to the Holy Spirit’s guidance.
 - f. After a while, simply end by telling God “thank you” for his ability to revive.

For your work

1. In our workplace, how can we cultivate an attitude of gratitude for the love and grace we’ve received from Jesus, and how can that influence the way we work together?
2. In what ways can we encourage each other to grow in their discipleship and remain rooted in Christ?
3. Share with each other the habits or activities you’ve each found helpful to “abide in the Vine”.

continued below...

For students (questions to have in your ‘back pocket’)

1. What spiritual practices—ways to connect to Jesus—have you found most helpful?
2. What obstacles or distractions are there in your life that hinder your ability to remain connected to Christ?
3. Where do you know you have opportunities to develop spiritual disciplines in your life?
4. What fruit do you believe God is calling you to produce in your life?

How is this resource working for you? How is God using it to form you? Are there ways we can improve it? How can we pray for you? If you’ve got questions or thoughts, we invite you to be in touch with us. Send us an email at campus-ministries@bethel.edu

[click here for the week 11 discovery bible study](#)



BETHEL
UNIVERSITY

Campus
Ministries