



ESSENTIALS

COLOSSIANS 2:6-7

Title: **ABIDING IN CHRIST— Part 1**

Date: APRIL 16, 2023

Leader's Notes:

1. Start and end the life group on time.
2. Facilitate discussions with your group and **give all attendees opportunities to share their thoughts**. Encourage participation.

Life Group Discussion Proper

WORSHIP: (15 mins)

Opening Prayer: Ask someone to pray for the gathering.

Option 1: In person gathering — assign someone to lead in worship or play two praise & worship songs from You Tube.

*Option 2: Online gathering (OR GATHERINGS at a public place, at the park, school campus or café). Ask three to four people to share testimonies of answered prayers or ask the question: **What are you thankful to God about this past week?***

Main Text: John 15:5-8 NLT

Series Intro: *This series is about the call to abiding in Christ and the how to of abiding. After we receive Him as our Lord and Saviour, He calls us to abide in Him through spiritual disciplines which are essential or absolutely necessary or indispensable to remain in Christ.*

WELCOME (15 mins)

Greet everyone. Introduce yourself. Welcome guests/first-time visitors. Ask the group to take turns introducing themselves.

Ice-breaker: Ask the group and give time for participation.

What was exciting (and not so exciting) in your life this past week? (Note: It's sharing each "highs" and "lows", struggles and victories the past week).

WORD (30– 45 mins)

1. ABIDE IN HIM (Read John 15:1-2)

The vine is the source of life for the branches, and the branches must abide in the vine to live and bear fruit. Jesus, is the Vine, and we are the branches. He calls us to abide in Him in the same way branches must abide in the vine.

Q: What comes to your mind when you hear the word "abide?"

(The word "abide" is the Greek word, "meno", meaning, "to stay, to remain, to continue a certain state, condition, or activity; to wait...")

A. Abide in Him in love - We abide in Christ out of love for Him who loved us first. God is love and in order for us to abide in Christ we need to be willing to receive His love and love Him back. *"As the Father has loved me, so have I loved you. Now remain (abide) in my love."* John 15:9 NIV

Q: In John 15:9, how do we feel about the truth that we are loved by our Lord Jesus Christ?

Q: On a daily basis, how do we express our love and devotion to God in practical ways?

Continuation: **WORD:**

Q: Knowing the importance of our need to rely on God's help everyday, what situation/s you can share where God's sustaining grace carried you through?

2. ABIDE IN HIS WORDS (Read John 6:35)

The second part of Christ's call to abide is abiding in His words. This speaks about spiritual disciplines. Spiritual disciplines are things that we do to help us grow in our relationship with Christ, grow in His character and therefore produce spiritual fruits.

A. Daily Bible Reading and STUDY OF GOD'S WORD

The Word of God is food of our spirits. Matthew 4:4 says, "*People do not live by bread alone, but by every word that comes from the mouth of God.*" We need food to sustain us physically but we also must take in God's Word daily. Jesus declared Himself as the Bread of life, the sustenance of our inner man and the source of our spiritual strength.

Q: Knowing the importance of our need to abide in God's Word everyday, how are we doing with our personal Bible reading? (*Ask a few members not to hesitate in sharing and encourage them to be transparent.*)

Q: How many of us are doing it regularly (daily basis)?

Q: How many of us are struggling on doing it? Why do you think that's the case?

MY BIGGEST TAKE-AWAY FROM THE LESSON:

A disciple of Christ must have daily spiritual disciplines, like the reading and meditation of God's words in order to abide in Christ and bear the fruits expected of us to produce and be successful. (Read Joshua 1:8)

Q: What impacted you the most from this session?

Special Tips: Practical Ways to Abide in God's Word Daily

1. Schedule regular time everyday and find a quiet place to read the Bible.
2. Find a Bible reading plan that works for you. The goal is to read the Bible from cover to cover.
 - a. 1-2 Chapters from New Testament (Morning), 1-2 Chapters from Old Testament (Evening)
 - b. Check out some Bible reading plans in the **YouVersion Bible App**
3. Interact with the Bible
 - a. Use a physical Bible
 - b. Underline and highlight verses
 - c. Keep a journal. (*Note: LG Leaders: Please share about the S.O.A. P. Journalling method.*)
4. Memorize scriptures to encourage yourself and others (*Note to LG leaders: During life group meetings, encourage members to share a verse they've memorized. Examples: John 3:16, John 1:12, 1 John 1:9, (Romans Road of Salvation) Romans 5:8, Romans 3:23, Romans 6:23, Romans 10:9*)

WORK: The Challenge & Closing prayer (15 mins.)

1. Memorize a verse from your devotions this week and be prepared to share it on our next gathering.
2. Please take time in your smaller groups to pray for one another. If there are specific needs, take time to lift them up to God in prayer as well. Ask each other, "***what can I pray for you?***"

Leader's Notes:

1. Please remind your group the schedule for the next gathering.
2. Please ask your group to invite people for the next gathering.
3. Please encourage the group to remember to pray for one another during the week.
4. Assign someone to share from his/her devotion to the group next week. (*min. of 5mins.*)