



..... Week 2:

## Living In Christ

### How Did it Go?

- Did you skip at least one meal last week and asked God for a heart change to be more like Jesus? Or set aside 15 minutes a day to be alone and ask God for a heart change to be more like Jesus?
- Did you take a small gift such as a dessert, luscious fruit, scented candle) to someone to whom you have never done that?
- Did you email a neighbor to join you for a drink, just to get to know each other better?
- Did you pray for Alpha?

### Read aloud and consider John 15:1-17.

**Head** (15–20 minutes) *Observe the text and the author's main points.*

1. Do we abide in Jesus, or does Jesus abide in us?
2. How do we abide in Jesus and His love?
3. What is Jesus' stated goal in explaining these things to His followers?

**Heart** (15–20 minutes) *Envision how the text - when applied - might transform your inner life in terms of your thoughts, attitudes, and behaviors.*

1. Jesus insists He is the true vine (v.1). What false vines do you abide in, seeking to bear their fruit?
2. Our Heavenly Father prunes us so we can bear more fruit (v.2). What habits, fears, attitudes, etc., might God be clearing away in your life so you can be more fruitful for Him?
3. Is it plausible to you that the result of abiding in Jesus is joy (v.11)? Why or why not?

**Hands** (10 minutes) *Apply the text by moving from inward reflection to outward action looking for ways to live the text out in our lives to serve others.*

### **Reaching Upwards:** Growing in Your Relationship with God

1. Abide in Jesus this week by choosing a verse or two that tells us who He is and seeking the help of the Holy Spirit in meditating on the meaning of the words. For example, Colossians 1:15: “[Jesus] is the image of the invisible God, the firstborn of all creation.”
2. Let Jesus' words abide in you this week by memorizing a short saying of His. For example, John 11:25: “I am the resurrection and the life; he who believes in Me will live even if he dies.”

### **Reaching Outward:** Investing in Your Neighbors

1. Seek to abide in Jesus' love this week by demonstrating it to someone else. For example, contact the person whom you've been meaning to call or text. Or offer to babysit for weary parents. Or strike up a conversation with a neighbor you don't know well.

### **Practice of the Week:** Contemplative Prayer

- [Practicing the Presence Podcast](#): Practicing the presence of God intentionally turns our hearts towards God. We become more aware of His movement in our lives as we stay connected to Him throughout the day.
- [Breath Prayer Podcast](#): Each breath taken is a gift from God. A breath prayer is a simple prayer recited in the rhythm of your inhale and exhale, pairing a name or attribute of God with a phrase you want to remember about who He is—or a request you want to make.

### **Alpha Prayer Points:**

Alpha is a listening community designed to help participants explore questions about faith in a non-judging space. The current session will run from October 6th through December 1st.

1. Pray for our church to invite their non-Christian or Christian-but-searching friends to Alpha.
2. Pray for skeptics and seekers who come to the movie group, Ted Talk group, and Taco group to be willing to try Alpha.
3. Pray for this Alpha to be a space where we will have at least ten beginnings of people's journey of faith towards the love of Jesus.