



Establishing a Consistent Relationship with God

Remaining In Jesus And Being Transformed Daily

Is it difficult for you to find regular, consistent time to spend connecting with God? Maybe you're the kind of person who does the best when you have a routine set up. Or, maybe you're the kind of person who really dislikes routine, but you love God and know you need to figure out how to spend time with Him. Either way, if we want to establish a new routine that will actually stick, we need to: 1) know that it's actually valuable; 2) make some attainable goals and commit to them; 3) decide to base actions off of what's true & not off of how we feel; and 4) have someone involved who will encourage us and help us follow through. This resource will help you do all of these things.

We sometimes hear pastors or other people at church use the word “disciple.” Ever wonder what it means to be a ‘disciple?’ It’s pretty serious business! A disciple is someone who submits themselves to Christ's authority. They reject the concept of running their own life and offer their life to God—they leave their own, smaller story to rejoin God’s story. A disciple gives up their “rights” and “freedoms” and other American values to live for the values of heaven. Jesus desires for us to become disciples who base our lives off of Scripture rather than our culture.

Read John 8:31-32.

1. What does Jesus say distinguishes someone as His disciple? (v.31)
2. What do you think Jesus means when He says, “If you hold to my teachings?”
3. In verse 32, Jesus says that knowing the truth will set us free. What are some ways that God’s truth sets us free?
4. What do you think are some differences between: 1) what we usually think of as “freedom,” and 2) this type of freedom Jesus is talking about?
5. What mindsets, habits, attitudes, or thought patterns would you like to be free of?

Read John 15:4-5.

6. All this “vine and branches” talk is maybe a little foreign to us, but Jesus was always using analogies that directly applied to the people He was talking with. Why do you think Jesus chose the metaphor of a vine and its branches?

Perhaps now Jesus would say, “I am the outlet, you are the laptops. If you remain in me and I in you, you will produce many high-quality youtube videos. Apart from Me, you can do nothing (you’ll run out of power, shut down, & have a fatal disk error).

7. What do you think it means for us to *remain in Him*?
 - a. What do you think *remaining in Him* looks like? How do we do it?



8. Why is it so important for us to remain in Jesus, and for Him to remain in us?

Has there ever been a time when you were remaining in Jesus (staying deeply connected to Him)? Has there ever been a time when you weren't remaining (or connected) much at all? Compare these two periods of time—what differences did you notice in your mindset, habits, attitudes, and thought patterns?

9. Look at verse 4 again. *No branch can bear fruit by itself.* What type of “fruit” do you think Jesus is talking about?

It seems like, when we're willing to admit it, we are all keenly aware of just how much of a difference it makes when we are connected to and remaining in Jesus. So we've covered #1: know that spending time is actually valuable. Now, all we need to do is set some goals and commit to them, choose to base our actions off of truth rather than feelings, and grab somebody who will encourage us and help us follow through with our goal—maybe you can both help each other.

- **A time.** *When are you at your best? Why not offer God your best time of the day—spend time with Him in the morning if you're a morning person, at night if you're a night owl, or in the middle of the day if that's when you're most reflective and open to connecting with God.*
- **A place.** *What is your favorite setting? Choose something that won't distract you—maybe you prefer being outside, at a quiet coffee shop, or in your room with you phone and laptop turned off so you aren't interrupted. Choose 1 or 2 favorite, non-distracting places. It's nice to have a back-up setting in case your time begins to feel really stagnant.*
- **Goals.** *What kind of goals can you actually attain? It's probably good to choose a Bible reading goal, a goal for just talking with God, an intercession goal, and an evangelism goal. (For example: read 1 chapter a day in Matthew, talk with God about my day after I get ready for bed, pray for 2 people who don't know Jesus each day, and eat lunch with someone I don't know well from class once a week).*
- **A friend.** *Who would be a great person to encourage you and help you follow through? Your best friend may not be ideal—you want someone who will be willing to challenge you when it feels hard to keep going. Maybe choose someone you're becoming friends with in Life Group.*

Time of Day:	2 Favorite Places:	A Few Goals:	My Encourager(s):