

# Small Group Discussion Guide

*The Source of Health: For the week of August 2 - 8, 2020*

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## Main Thought and Scripture:

Jesus' teaching in John 15 was given to prepare His disciples for the crisis that was coming to them as a result of his arrest, crucifixion, and the persecution that they will face. His guidance to them will help us to thrive amid any crisis we face in life as well.

### 1. We thrive in life when we "abide in Christ" or as we continually choose to trust and obey Him.

*"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me... <sup>7</sup>If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. <sup>8</sup>By this my Father is glorified, that you bear much fruit and so prove to be my disciples... <sup>11</sup>that my joy may be in you, and that your joy may be full." (John 15:4, 7-8, 11 ESV)*

### 2. We abide in Christ through what we think about.

*"Above all else, guard your heart, for everything you do flows from it." (Proverbs 4:23 NIV)*

*"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:2 ESV)*

### 3. Abiding in things other than Christ will cause us to die spiritually.

*"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned." (John 15:5-6 ESV)*

## Discussion Questions:

- Where our thoughts tend to go during a crisis reveals where we abide. Do we turn to Christ and His Word, or to other things to cope? Where do your thoughts go to cope during a crisis? What are the resulting actions and emotions that follow those thoughts? Share an example.
- What challenges do you face in abiding in Christ? What can you do to practically abide in Christ more in your thought life?

## Prayer:

- Pray for one another to abide in Christ in our thought lives.
- Pray for one unreached friend or family member that they will abide in Christ as well.