

Spiritual Growth

LIFE GROUP GUIDES

Week 3: The Heart of Spiritual Growth

I. Review:

Last week: How was your time in the Word this week? Were you attentive to how God uses His Word for teaching, reproof, correction, and training for righteousness?

The emphasis this week is abiding in Christ. We grow and bear fruit as a result of remaining in Christ, who develops His character within us. Apart from Him, we can do nothing. Our goal is to abide in Christ, so we feed the foundation of our relationship with Jesus.

Read John 15:1-17.

Here are a few reminders from this week's sermon:

1. Abiding in Christ: you are in Christ and Christ is in you.
2. The heart of spiritual growth is remaining Christ.
3. Our part of spiritual growth is more like sailing than rowing.

II. Dig a Bit Deeper

Read more about being in Christ. Read **Ephesians 1:3-14** and notice how often the phrase "in him" or "in Christ" is used.

Read also about Christ in us in **Colossians 1:27**.

Part of abiding in Christ is remembering that you are in Christ and Christ is in you.

In John 15, we bear fruit as a result of abiding in Christ. The confusion with this passage is understanding what the "fruit" represents. Notice how the passage explains what this fruit is:

- Living in obedience to the commands of Christ (v. 10)
- Living with joy (v. 11)
- Love for each other (v. 12-13)
- Witness to the world (v. 16 and 27)
- Effective prayer (v. 16)

In other words, this is a general term for the vibrant, holy life Jesus produces in us. These are the results, or fruits, from abiding in Christ.

How do the following practices help us to abide, or remain, in Christ, trusting Him to bear fruit in us:

- Remind ourselves that we are in Christ and Christ is in us?
- Spend time with the Lord through His Word and prayer?
- Worship?
- Sharing life with other Christ followers?

What other practices help you to focus on abiding in Christ?

III. Apply

This week, which of these practices can you apply to remind you to abide in Christ?

