

# EMBARK | WEEK 6 - GROW — ABIDING IN CHRIST

## REVIEW: LAST WEEK'S THEME

### The Power of the Holy Spirit

#### Key Scripture:

*"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you."* - John 14:15-17 (NIV)

#### Opening Reflection:

- Would anyone like to share something from their journaling or personal study from this past week?
- Is there something new that you have learned or experienced regarding the Holy Spirit?

## THIS WEEK'S FOCUS: ABIDING IN CHRIST

### KEY SCRIPTURE: JOHN 15:5 (NIV)

*"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."*

### BIG IDEA

Embracing a daily rhythm of spiritual growth through key habits is vital to experiencing the abundant life.

### DISCUSS

- What are some ways that I can grow in my faith?
- What habits should I embrace—or what habits might I need to let go of—to help me grow in Christ?

## PERSONAL STORY

## TEACHING VIDEO

## VIDEO RECAP & DISCUSSION

### Abiding = Daily Spiritual Rhythm

Abiding in Christ is not about doing more—it's about developing a healthy, sustainable balance. It is as vital to a fulfilling life as eating, drinking, or exercise.

## 3 PERSONAL DISCIPLESHIP ESSENTIALS

### 1 KNOW GOD THROUGH SCRIPTURE

Spending time in Scripture connects us to God and grounds us in truth. The Bible is our guide for life—more accurate than our own thoughts or feelings.

- **Hebrews 4:12:** *“For the word of God is alive and active. Sharper than any double-edged sword...”*
- **Psalms 119:105:** *“Your word is a lamp for my feet, a light on my path.”*

### 2 DIALOGUE WITH GOD THROUGH PRAYER

Through belief in Jesus, we gain direct access to God in prayer—a real, two-way dialogue that changes us and impacts reality. We’re invited to pray boldly and with expectation.

- **1 Thessalonians 5:16–18:** *“Rejoice always, pray continually, give thanks in all circumstances.”*
- **Philippians 4:6:** *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*
- **James 5:16:** *“The prayer of a righteous person is powerful and effective.”*

### 3 SHARE YOUR FAITH AND RESOURCES

Everything we have is a gift from God. We’re called to use our time, talents, and treasures for His purposes—especially by sharing His love and salvation with those around us.

- **1 Peter 3:15:** *“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have—but do this with gentleness and respect.”*
- **Hebrews 13:16:** *“Do not forget to do good and to share with others, for with such sacrifices God is pleased.”*
- **Acts 2:45:** *“They sold property and possessions to give to anyone who had need.”*

## DISCUSS

- What’s your current “spiritual rhythm”?
- What does it mean—and look like—to abide in Christ? Why is abiding so important?
- What is your experience with the three personal discipleship essentials?
  - Which of these would you like to grow in?

## ACTION STEP

What’s one habit from the list of Discipleship Essentials that you could begin to stay connected to Jesus daily? Take time to journal this week, reflecting on that question and the prompts provided.



