

Remain in Me

A Morning of Listening

Getting Started

Thank you for joining us for this morning of listening. Our desire is to create a space for God to speak to us through the Scripture and by his Spirit. If you have never done anything like this before, don't panic. Settle into this time of quiet and meditation. The information here will serve as a guide for your time.

Sometimes we are tempted to move quickly through listening exercises so I've offered suggested times to spend in each section to help you remain in the space and listen as God is speaking to you. Feel free to move at your own pace and use the suggested times only if they are helpful to you. But do try to take it slowly.

This time is meant for just you and God. Please go to a quiet space by yourself as you take time to listen to Him.

Settling In (10 minutes)

Take a moment to rid yourself of all the distractions you carry with you today. List them here and then make them the focus of a prayer of surrender. During this time you may have random thoughts or anxieties come into your mind. Feel free to write them down here so that you can release them for the time being. It can also be helpful to visualize the distractions that come to mind and then imagine wrapping them in a prayer shawl. Then picture yourself laying down the concern on an altar before the Lord, allowing Him to take it.

All of my distractions and concerns

Prayer of Surrender

Invitation (5 minutes)

Acknowledge the presence of the Holy Spirit and invite Him to lead your time this morning. Ask Him to speak to you, to bring you peace, to increase your faith, and to provide whatever your soul needs today. Sit in this prayer or in the silence for a bit. Do not rush to the next thing.

Reading (30 minutes)

Read John 15:1-17 three times.

1. The first time you read through the passage, simply taking in the story.
2. The second time, look for words or phrases that stand out to you.
3. The third time, mentally place yourself there in conversation with Jesus.

John 15:1-17

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

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. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because servants do not know their master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the father will give you. This is my command: Love each other."

Words and phrases that stand out and why they are meaningful to me today.

When I read Jesus' words I feel . . .

When I read Jesus' words I am surprised by . . .

Reflection (35 minutes)

Begin connecting Jesus' words to his disciples to your own life.

What feels challenging?

What feels encouraging?

What does it mean for you to "remain" in Christ?

What feels challenging about this?

What feels encouraging?

What does it look like for you be a friend of God?

Listening and Prayer (40 minutes)

You have now spent some time thinking about Jesus' words to his disciples. How can your life and relationships look different today as a result of this passage?

Take time to listen to God speak to you about this passage. Record your meditation and prayer here:
