



PART 1: *Come & Rest*  
 PART 2: *Come & Drink*

## PART 3: *Come & Stay*

Come with me by yourselves to a quiet place and get some rest.  
 ~ Jesus (Mark 6:31)

### APPETIZER: Elements of Christian Spirituality

ELEMENT	EXPERIENCE	ACTION
1. Intellectual	Education	Think
2. Volitional	Decision	Choose
<b>3. Experiential/Emotional</b>	<b>Intimacy/Mysticism</b>	<b>Be</b>
4. Relational	Interaction	Love
5. Missional	Embody	Serve/Proclaim/Invite

### DINE IN: Remaining In Christ

I am the vine; you are the branches.  
 If you **remain in me** and **I in you**,  
 will bear **much fruit**;  
 apart from me you can do nothing.  
 ~ Jesus (John 15:5)

I have told you this so that **my joy may be in you**  
 and that **your joy may be complete**.  
 ~ Jesus (John 15:11)

*What is the fruit Jesus grows in us? For starters, see...*  
**Romans 14:17; 1 Corinthians 13:1-8; Galatians 5:22-23; 2 Peter 1:3-9**

### TAKE OUT: That time Jesus said, “Eat me.”

**Whoever eats my flesh and drinks my blood  
 remains in me, and I in them.**  
 ~ Jesus (John 6:56)

#### FOF FURTHER EXPLORATION...

- BOOKS: Greg Boyd's *Seeing is Believing & Present Perfect*  
 Ken Shigematsu's *Survival Guide for the Soul*  
 Brother Lawrence's *Practicing God's Presence*
- APPS: Headspace, 10% Happier, Centering Prayer, Calm, Abide

**NEXT WEEK:** Special Guest Danielle Strickland!  
**TWO WEEKS AWAY:** “Still. Hear.”  
 (A new experiential series on the parables of Jesus)

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## Home Church Questions

### HANGOUT [Warming Up to the Topic – in one Large Group]

1. As we reach the end of this series, what is your overall reaction to our new emphasis on stillness and meditation? Wish it were longer? Glad it's over? Or something else?
2. Have you been practicing your daily meditation? If not, why not? If so, how is it going? What have you learned – about Jesus, about life, or about yourself – so far? (Here's a hint: if you haven't started, it's not too late. If you have been meditating, don't stop! We will cycle back to this topic in a couple weeks!)
3. Of the five elements of Christian spirituality, which aspect comes most naturally for you? Which is hardest?

### HEAR [Listening to God through Scripture – in Discussion Groups]

4. Read **John 15:1-17**, slowly, more than once, in different translations.
  - a. What verse, phrase, word, or idea stands out to you the most? What might God be saying to you through this?
  - b. If Jesus is the vine and we are the branches and the Father is the Gardener – where is the Holy Spirit in this metaphor?
  - c. Who or what do you think are the fruitless branches that are cut off and thrown into the fire? A) Non-Christians? B) People going through the motions of Christianity without any real connection to Christ? C) Religious systems that appear godly but lack substance? D) Other?
  - d. Jesus says his word/teaching is what will cleanse/prune his true disciples (also see **8:31-32**). He also says obeying his commands is how we remain in his love. He is giving us the key. How familiar are you with the commands, the teachings, the message of Jesus? What has helped you grow in this? What steps might you begin to take to grow more?
  - e. What do you think it is like to experience having our joy complete AND having the actual joy of Jesus within us? Be specific. Use examples.
  - f. What does “laying down one's life for one's friends” look like in your life? Talk about some practical ways we can integrate this command into our lives.
  - g. How has your daily meditation practice helped you in living out verse 17?
5. Take time to share more about “best practices” in meditation. What has been helpful for you and others in your group. Then take 5-10 minutes to meditate on the words of Jesus. Choose EITHER **verse 5** OR **verse 11**. Afterward, talk about your experience in your huddles.

### HUDDLE [Making It Personal and Praying Together – in Huddles]

6. How was your meditation experience this week?
7. Find out how you're all doing in life and pray for one another.