



spiritual adult

# DISCIPLE ME

**START HERE: ABIDE IN ME**

## **ICEBREAKER: AN ANCHORED LIFE**

Think of someone you know who carries a quiet strength - a person whose presence brings calm, clarity, and encouragement. Maybe they don't say much, but when they do, it matters. When they show up, people feel anchored.

- What makes someone like that so steady? Where do you think their strength comes from?

## **STUDY: JOHN 15:1-17**

The Spiritual Adult phase is about becoming that kind of presence. Not perfect. Not polished. But rooted - the kind of disciple who draws strength *from somewhere deeper than themselves* and begins to influence others for the good of the Kingdom. Jesus calls this posture **abiding**.

### **READ John 15:1-6**

- What stands out to you about the relationship between Jesus (the vine) and us (the branches)? What does this teach us about dependence?
- Where do you sense God pruning or shaping you right now - and how might that pruning actually be an act of love?

### **READ John 15:7-11**

- What does it practically look like to "remain" in Jesus' words and love throughout your normal week?
- Jesus promises His joy to those who abide. How would you describe the difference between joy that comes from God and happiness that comes from circumstances?

### **READ John 15:12-17**

- Jesus commands us to love others the way He has loved us. Who in your life needs that kind of intentional love from you right now?
- What kind of fruit do you want your life to produce in others over the next few years?

## STUDY: WHAT DOES IT MEAN TO ABIDE?

Jesus' picture of spiritual maturity is simple: **abide in Him**. He doesn't say, "Try harder," "Do more," or "Produce fruit on your own." He says, "**Remain in Me... apart from Me you can do nothing.**" A branch never bears fruit by effort - only by staying connected to the vine.

Jesus uses this everyday image to show a deeper truth: growth happens through dependence, not performance. To **abide** means staying close to Jesus, drawing strength from Him, letting His words shape your desires, trusting His pruning, and allowing your life to bear fruit that blesses others.

Before we move into this phase, we need to hold onto this: the goal of abiding isn't busyness - it's Christlikeness. Abiding forms you so your influence begins to look like His. That's why Jesus ties abiding to impact: "You will bear much fruit... My joy will be in you... Love one another... Go and bear fruit that will last." Fruitfulness isn't doing more; **fruitfulness is Christ's life flowing through you so others flourish.**

## CHALLENGE: THE SHIFT

As disciples move into the **Spiritual Adult phase**, something changes: You aren't just *receiving* anymore - you're beginning to *carry* something for the sake of others. This phase is not about perfection. It's about being rooted deeply enough in Jesus that your life becomes a source of life for someone else. And in order to do that, you will need to shift some regular practices. At the beginning of this journey, we would like to suggest four significant shifts that need to be made, if you haven't already made them.

### #1: Stillness before God:

You need regular unhurried time with God to receive, not perform.

### #2: Scripture as Formation, Not Information:

You must move the Scriptures from your head to your heart.

### #3: Obedience as an Overflow of Love:

You obey Jesus' commands not because you have to but because you love to.

### #4: Community as the Greenhouse of Growth:

You seek environments to encourage and be encouraged, knowing that growth flourishes in relationships, not isolation.

## INSTRUCTIONS FOR GOING FORWARD:

The "Spiritual Adult" phase isn't a straight path; it's a collection of growth tracks, each designed to develop a different part of your maturity. You'll choose one track at a time, complete it, and then move on to another. The tracks include **Discovering Your Gifts, Developing Others, Deepening Relationships, and Missional Living.**

No matter where you begin, this entire phase starts and ends with abiding. The deeper you root yourself in Jesus, the more naturally His life, love, and influence will flow through you. Every track, every conversation, every step forward is built on this truth from John 15: "**Remain in Me ... and you will bear much fruit.**"