

VINE & BRANCH FELLOWSHIP

AUGUST 2026

FASTING DEVOTIONAL

John 15 – Abide in Me

Theme Scripture

"Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me." — John 15:4

The Christian life is not sustained by effort.

It is sustained by abiding.

Fasting is not about proving our devotion to Christ.

It is about removing distractions so we can enjoy deeper communion with Him.

The goal of fasting is not simply to become more disciplined.

The goal is to remain close to Jesus.

Preparation (Before 6 PM)

Read the entire chapter of John 15.

Then slowly read **John 15:1–8** three times.

Ask:

- What competes for my affection?
- Where have I been trying to produce fruit apart from Christ?
 - Am I abiding in Jesus—or simply working for Him?
- What is the Holy Spirit inviting me to surrender today?

Prayer:

Father, remove anything that keeps me from abiding in Your Son. Teach me to remain in Christ above everything else.

MEAL 1 – ABIDE IN THE TRUE VINE

Read the entire chapter of John 15.

Then repeatedly return to **John 15:1–8**.

Reflect:

- Am I connected to the Vine every day?
- What "branches" in my life need pruning?
- Do I spend more time working for Jesus than being with Jesus?

"Apart from Me you can do nothing." — John 15:5

Spirit-Led Prayer

Ask:

Holy Spirit, where have I become self-sufficient?

Wait quietly.

Allow Him to prune anything that keeps you from Christ.

MEAL 2 – ABIDE IN HIS LOVE

Read the entire chapter of John 15 again.

Then repeatedly return to **John 15:9–17**.

Jesus does not merely command us to love.

He invites us to remain in His love.

Ask:

- Do I truly believe Jesus delights in me?
- Am I receiving His love before trying to give it away?
- Who is He calling me to love today?

"Abide in My love." — John 15:9

Pray as the Holy Spirit leads.

Write down anyone He places on your heart.

Ask Him how you can demonstrate His love to them this week.

Midday

Return to **John 15:11**.

"That My joy may be in you, and that your joy may be full."

Ask:

Am I living from Christ's joy or my circumstances?

Where is Jesus inviting me to trust Him more deeply?

Rest quietly in His presence.

MEAL 3 – REMAIN FAITHFUL

Read the entire chapter of John 15 one final time.

Then repeatedly return to **John 15:18–27**.

Jesus reminds us that abiding does not remove hardship.

It gives us strength to endure it.

Reflect:

- Am I willing to remain faithful when obedience is costly?
- Do I seek the approval of Christ more than the approval of people?

"When the Helper comes... He will bear witness about Me." — John 15:26

Give thanks for the gift of the Holy Spirit, who enables us to remain faithful.

Breaking the Fast – 6 PM

Before eating, return one final time to **John 15:4–5**.

Thank the Lord for:

- Every moment spent in His presence.
- Every area He pruned.
- Every reminder that your life depends upon Him.
- Every opportunity to remain in His love.

Break your fast slowly with gratitude.

Monthly Rhythm

- Read the entire chapter of **John 15** at each missed meal.
- Return repeatedly to the focus verses.
 - Sit quietly before the Lord.
 - Listen for the Holy Spirit.
 - Obey what He reveals.
- Choose communion with Christ over activity for Christ.

Final Exhortation

The Christian life is not measured by how busy we are.

It is measured by how closely we walk with Jesus.

Branches never struggle to produce fruit.

They simply remain connected to the vine.

As we fast this month, may our greatest desire not be answered prayers or visible fruit, but deeper fellowship with Christ. When we abide in Him, the fruit will come in His time and for His glory.

"Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing." — John 15:5

May Vine & Branch Fellowship become a church known not merely for what we do, but for how deeply we abide in Jesus Christ. In abiding, we find our strength, our joy, our purpose, and the fruit that only He can produce.