



Intro:

Living in Love and Service To Christ

Welcome to session two! Our intimate and abiding relationship with Christ is what grounds and separates us from dead religion and leads us into a rich relationship with our Savior. God desires a relationship with Him through His son Jesus, empowered by His Holy Spirit for us to live a life that is full and fruitful. The word abides in scripture means to “remain in”, “dwell”, or “to be kept and present”. This is the idea that Jesus had in mind for His disciples (and us) when He spoke these words in John 15:4-6:

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. I am the vine; you are the branches. Whoever abides in me and I in him, he that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned.

Our abiding in Christ is the bullseye for the target. It’s the center focus and the ultimate aim for a life that is well pleasing to the Lord. We should aim to abide in Him by daily feeding ourselves with His word, spending time communicating with Him in prayer, and living a life of praise and worship to His glory alone. These rhythms of relationship allow us access to our Heavenly Father while grounding us so that we may grow deep roots to bear abiding fruit. In verse 5 it says, apart from Christ “you can do nothing”, but *with* Him nothing is impossible.

This foundation, along with the rhythms of personal time in word, prayer, and worship, permeates all the other foundations of home, church, and world. If we are not cultivating these rhythms and growing our intimate relationship with God, then our aim will begin to suffer. This week, we will talk about each of these rhythms and how they align our hearts, minds, and souls to stay anchored in Christ. In the coming weeks, we will see how these intimacy rhythms flow through all the other foundations.

“An abiding relationship with our Lord is the heart of everything else in life.”

Living on Target Pg. 72



Agenda:

01: Pray (Leader)

Ask God to be with you. Ask Him to encourage, convict, and grow our hunger for a relationship with Him.

02: Read - Verse for Reference

**We've bolded key verses if time is limited

Abiding: **John 15:1-5**, Hebrews 11:6, James 4:8

Word: **Matthew 4:4**, John 8:31-32, **2 Timothy 3:16-17**, Luke 8:4-15 (Parable of Sower), Matthew 7, Hebrews 4:11-13

Prayer: **Matthew 6:5-15**, Psalm 46:10, John 10:3-5

Worship: **John 4:23-24**, Mark 7:6, **Romans 12:1-2**, Colossians 3:16-17

03: Reflect (Leader)

**Leader, feel free to journey through these all at once, then discuss or take them one at a time with a verse, reflections, and a response conversation.

Abiding

- We are called to abide in the vine and for Him to abide in us. He desires for us to be with Him and in Him so that we can have life and life to the fullest.
 - This takes time to cultivate and time getting still with God while developing the rhythms of word, prayer, and worship. God promises to draw near to those who draw near to Him.
 - Without an abiding faith, it is impossible to please God.
 - God wants us before He wants anything from us.
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Word

- The Bible refers to Jesus as the *Word* in John 1. It also encourages us to be fed by the words of God. It is the Bible, God's Word, that feeds our faith. Only it can nourish us in our spirit that brings health and growth.
- It is alive, active, and profitable for us even when it may be different from our culture, past decisions, and personal desires. It is the truth, and the truth sets us free.
- There is no substitute for personal time in the Word with God. No sermon, books, podcasts, etc. can replace time with God in His word guided by the Holy Spirit.
- The Word of God exists for us to direct our lives to build on a firm and strong foundation to withstand every trial and enemy. Continue to feed your faith and to sow the seed of the word into your hearts, soul, and mind.

Prayer

- *This rhythm is normally* the most difficult to cultivate in Western culture.
- Prayer is an opportunity for us to personally and spiritually commune with our creator. It's a gift to those in Christ. We pray to the Father, through the Son, and in the Holy Spirit.
- Matthew 6 thoughts as you journey through:
 - It's "when you pray", not if you pray. There is an expectation for believers to be praying.
 - "Shut the door" (Matthew 6:6) - find a place apart from distraction to commune with God. (ex. turning phones off, removing distractions, and finding a quiet space)
 - Walk through each line of the Lord's Prayer to see the intentional design and desire for our prayers and time with God.
 - Unforgiveness can hinder our prayer life. This can be a time of confession and extending forgiveness to ourselves and others.
- Prayer is a two-way street. As much as we have to bring to the Lord, we must develop the habit of waiting and listening for Him to respond. Most of us don't get to hear the voice of our Great Shepherd because we are too busy talking or distracted.

Worship

- We are created to worship. We do it every day, but the object of our worship is what God constantly reminds us of throughout all of scripture. To keep Him as the object of our praise and worship.
- Praise is a part of worship, but the idea of music and singing is not the whole picture. Worship is all that we do in response to God. Paul directs that all that



we do as disciples should be to the glory of God. In essence this makes how we live (the whole encompassing experience) an opportunity to worship.

- Our ultimate worship to Christ is to lay ourselves down and to be fully devoted to Him. Sacrificing my own agenda, preferences, and desires for the sake of His. To worship Him in spirit and in truth.

Parting Thought

- Saying yes to these habits, means saying no to others. The Lord reminds us that we will reap what we sow and that we cannot deceive God (Galatians 6:6-10). In light of this, we realize that the things we input into our heart, mind, and soul bear fruit whether good or bad. The Lord has given us a model to sow good seed, into good soil, to be fruitful in this life with Him. Think about things in your life that need to go, so that you can make time for sowing the right things.

04: Respond: (All Participants)

Cultivating Rhythms

Main Points:

- God desires for us to abide in Him.
- We abide in Him growing our relationship by cultivating the rhythm of relationship with word, prayer, and personal worship.
- This is the aim. This is the target. Without this intimate relationship we are incapable of being fruitful in any other foundation.
- Dedication to these rhythms can transform our lives.

Response Questions:

- Do you truly believe that God desires to be with you?
 - If so, how are you making this happen? (Abiding)
- What does it mean to abide in Christ? Christ in you? (Abiding)
- What does your time in the Word look like right now? (Word)
 - What do you desire for it to look like?
 - How do you get there?
- What does your personal time in prayer look like right now? (Prayer)
 - Do you have a quiet place established?
 - How can you deepen this time? Listening?
- What does your personal worship look like right now? (Worship)
 - Understanding that all that we do is worship, how should this change how you live your life?



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- If you were to cultivate these rhythms regularly, how do you think your life would change?
 - What can you do this week to take a step towards building better rhythms and deepening your intimacy with Christ?
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05: The Rhythm of Reconciliation: Beyond The Discussion

Be Reconciled to God:

- If you have been far from God or wandering, repent and return.
- In your time with God, ask Him to show you areas where you are not reconciled to Him. The “asking” part is important. After you ask, wait and listen for His response. Journal that response in the reconciliation session at the end of this workbook.

Pursue Reconciliation with Others:

- In your time with God, ask Him to show you the relationships in your life that need to be reconciled.
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06: React (All Participants)

Potential Steps to Take

- Set up a quiet place to spend with God and make a habit of meeting with Him daily during this workshop.
 - Commit to reading the book of John, one chapter a day. (Word)
 - Commit to praying through the Lord's prayer for the next 7 days (Prayer)
 - Consider fasting from secular music and media. Replacing it with worship music that glorifies God and encourages intimacy with him. (Worship)
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07: Read Ahead

- Living on Target Chapter 4: Living in Love and Service to the Home
 - Workbook Session 3: Living in Love and Service to Home
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References:

John 15:1-11

“I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, so that it may bear more fruit. Already you are clean because of the word that I have spoken to you. 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. I am the vine; you are the branches. Whoever abides in me and I in him, he will bear much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

Hebrews 11:6

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

James 4:8

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

Matthew 6:5-15

And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For your Father knows the things you need before you ask Him. In this manner, therefore, pray:

The Model Prayer:

Our Father in heaven, Hallowed be Your name.

Your kingdom come, your will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, As we forgive our debtors.

And do not lead us into temptation, But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.



For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Psalm 46:10

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

John 10:3-5

To him the gatekeeper opens. The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they do not know the voice of strangers.”

Matthew 4:4

But he answered, “It is written, ““Man shall not live by bread alone but by every word that comes from the mouth of God.””

John 8:31 32 - 31 -

So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”

2 Timothy 3:16-17

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God[b] may be complete, equipped for every good work.

Luke 8:4-15

And when a great crowd was gathering and people from town after town came to him, he said in a parable, “A sower went out to sow his seed. And as he sowed, some fell along the path and was trampled underfoot, and the birds of the air devoured it. And some fell on the rock, and as it grew up, it withered away, because it had no moisture. And some fell among thorns, and the thorns grew up with it and choked it. And some fell into good soil and grew and yielded a hundredfold.” As he said these things, he called out, “He who has ears to hear, let him hear.”

And when his disciples asked him what this parable meant, he said, “To you it has been given to know the secrets of the kingdom of God, but for others they are in parables, so that ‘seeing they may not see, and hearing they may not understand.’ Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. And the ones on the rock are



those who, when they hear the word, receive it with joy. But these have no root; they believe for a while, and in time of testing fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. As for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience.

Matthew 7:24-27 - 24

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

Hebrews 4:11-13

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

John 4:23-24

But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. God is spirit, and those who worship him must worship in spirit and truth.”

Mark 7:6 - 6

And he said to them, “Well did Isaiah prophesy of you hypocrites, as it is written, “‘This people honors me with their lips, but their heart is far from me; in vain do they worship me, teaching as doctrines the commandments of men.’ You leave the commandment of God and hold to the tradition of men.”

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by



testing you may discern what is the will of God, what is good and acceptable and perfect.

Colossians 3:16-17

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.