



Shorter Study

■ **Open the session with prayer.**

■ **Read together John 15:1-5.**

- What is the “vine metaphor” communicating about a relationship with Christ?
- What is the result of disciples remaining in “the Vine”?
- What makes it difficult to remain connected to Christ in this way?
- What comfort is there that God is the “vinedresser” (v.1)?

■ **Watch the video entitled “Session 11: Fostering Spiritual Vitality”.**

Session Overview

1. Stage ‘A’ Christians: “Baby Christians” full of zeal, experiencing easy victory over sin and eagerness to learn.
2. Stage ‘B’ Christians: Christians who have started to realise some sins aren’t easily conquered, they have experienced “wilderness seasons” in their spiritual walk.
3. Stage ‘C’ Christians: Mature Christians who have grown to understand that they can’t be dependent on their feelings alone but rest more and more in Christ’s grace in the face of their sin.

Reflection Questions:

1. The importance of observing spiritual disciplines like Scripture reading, prayer, corporate worship, etc. can sometimes be perceived as things we need to do “for God”, yet Scripture continually holds out that we “receive” from God instead when we draw near to him. Do you see spiritual habits as “burdens to do” or “opportunities to receive”?
2. Which of the following disciplines have you found most significant in your own spiritual growth (Bible reading, prayer, corporate worship, fellowship with believers, meditation on Scripture, charity/generosity, a life of simplicity). Which would you like to develop more?
3. How can you start developing a healthy habit for the spiritual discipline(s) you want to “tidy up”?

■ **Close in prayer.**



Longer Study

■ **Open the session with prayer.**

■ **Read together John 15:1-5.**

- What is the “vine metaphor” communicating about a relationship with Christ?
- What is the result of disciples remaining in “the Vine”?
- What makes it difficult to remain connected to Christ in this way?
- What comfort is there that God is the “vinedresser” (v.1)?

■ **Watch the video entitled “Session 11: Fostering Spiritual Vitality”.**

Session Overview

1. Stage ‘A’ Christians: “Baby Christians” full of zeal, experiencing easy victory over sin and eagerness to learn.
2. Stage ‘B’ Christians: Christians who have started to realise some sins aren’t easily conquered, they have experienced “dry seasons” in their spiritual walk.
3. Stage ‘C’ Christians: Mature Christians who have grown to understand that they can’t be dependent on their feelings alone but rest more and more in Christ’s grace in the face of their sin.

Theological Questions:

1. The importance of observing spiritual disciplines like Scripture reading, prayer, corporate worship, etc. can sometimes be perceived as things we need to do “for God”, yet Scripture continually holds out that we “receive” from God instead when we draw near to him. Do you see spiritual habits as “burdens to do” or “opportunities to receive”?
2. How might a “mature Christian” view spiritual disciplines differently to a “baby Christian”?
3. Is it true to say that “mature Christians” won’t have the same passion and excitement as “baby Christians”? How is the tension maintained between youthful exuberance and mature determination?

