

TEXT: JOHN 15:5

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.” (NLT)

DISCUSSION QUESTIONS

- What does John 15:5 teach us about dependence on Christ? What is the promise of this verse? What is the warning of this verse?
- What would it look like, practically, for you to fix your eyes on Jesus this week? How would that transform the way you think about spiritual disciplines?
- Do you ever approach spiritual disciplines with an **anxiety** mindset (“I should be doing more”); or a **scarcity** mindset (“I don’t have the time or energy)? What does that sound like in your inner dialogue? How has that shaped your experience of prayer, Scripture, or other spiritual disciplines?
- Which image most resonates with you for spiritual disciplines: **training for performance**, or **therapy for endurance**? Why? How might this change how you approach one specific spiritual practice this week?

