

Go the Next Step to Develop a “Rule of Life”

Emotionally Healthy Spirituality

February 28, 2021

Notes:

Questions for Personal Reflection and Group Discussion

Consider your current habits or behavior patterns. What “rules” have you established to keep your daily life in order? Maybe you make your bed every morning. Or always remove any trash from your car at the end of the day. Perhaps you walk the dog every evening, rain or shine. What rules do you have that are already a part of your life?

1. Read John 15:1-17.

How many times do you find the word ‘remain’ in this passage?

Look up ‘remain’ in a dictionary (dictionary.com). What does it mean?

Look up ‘remain’ in a thesaurus (thesaurus.com). What other words do you find that have a similar meaning? Which of them resonate with you as you consider Jesus’ words?

2. Read John 15:1-8.

What do you think Jesus means when He talks about the Father pruning the branches to produce even more fruit? Can you identify a time in your life that feels like a pruning experience? How did that impact you and what was the result?

3. Read John 15:9-17.

“Fruit is the evidence of the Gardener’s work In our lives...” What evidence do you see of God’s work in your life?

The quality of your love is the quality of your fruit. Think about how you loved or failed to love others this week. Is there a situation or relationship in your life where you consistently struggle to love well?

How might constructing a ‘rule of life’ or a framework (trellis) for spending time with God (staying connected to Him) help you to produce better quality fruit in your life?

There are a number of different spiritual practices you could choose to incorporate into your life to help you deepen your connection to God. Choose one new practice to add to your daily or weekly schedule. Discuss with your group, a friend, or family member and ask them to follow up with you on how your new practice impacts your spiritual and emotional growth.