



Week 1: Spiritual Health

FACILITATOR'S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
- ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
- ✓ Read this week’s scripture passages together and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
- ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
NOTE: You do not have to cover all the questions provided in “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

CHECK-IN	What stood out to you from this morning’s message?
BIG IDEA	Spiritual health refers to the health of one specific relationship—our relationship with God. Developing a healthy relationship with God involves us intentionally engaging in activities that draw us closer to Him and receiving both the strength to do so, as well as the blessings and pruning that result from a dynamic relationship with God. What that looks like for each of us can be different. We need to learn what activities draw each of us closer to God and lean into those activities.
DISCUSS	<p>Read John 15:1-6 together.</p> <p>We will be adopting some questions from a <i>How to Study the Bible</i> online resource to help us to interpret the passage. Supplementary questions follow each of the “big questions” in order to connect them to the sermon message. The beauty of using a set of “big questions” like these is that we can apply them to any Scripture passage. Choose at least one question from each question type.</p> <hr/>

	<ol style="list-style-type: none"> 1. What does this teach me about God? In the message, Jon gave some context about vintners and the process of pruning and harvesting the fruit. Why might God have used the metaphor of the vine and branches? 2. What does this reveal about my sin (or the human condition)? Why might it have been necessary to tell us to abide in the Vine? What does this say about human nature - is it active or inactive? What is the cost of being inactive or passive in remaining in God? 3. How does this point to Christ's redemption? How does Jesus as Christ renew our human tendency of straying from God, the Vine? What kinds of pruning might happen in the process? How do you cope in times of pruning? 4. What is the one truth that I need to apply to my life this week? Ask God for help. What is your spiritual pathway, and how can you start connecting to God through it? For this week's application, move to the next section.
<p>APPLY</p> <p>How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<p>Each group member will need to complete the Spiritual Pathways Assessment from the Bridge website, and use the results to answer the following:</p> <ol style="list-style-type: none"> 1. What are one or two activities you need to engage in regularly to stay connected to God in a deepening, growing, and fulfilling way? (you may already be doing them!) 2. How might you incorporate these activities into your daily or weekly routine? 3. Which pathway is a stretch for you but might help you connect with God in new ways?
<p>PRAYER PRACTICE</p>	<p>Thank God for creating you with diversity in mind - encourage each person to pray out loud in line with their own spiritual pathway, in adoration and confession. If you feel your group is not ready to pray out loud in a large group, break them into pairs.</p> <p>E.g. <i>"Thank you Lord, for creating me with a Serving Pathway. Forgive me for the times where I may have served others on my own strength instead of depending on You. Help me to see the ways that you are intimately involved when I am serving others around me, and make Your presence known in those moments."</i></p>