

## Sit: at the feet of Jesus

- Spend time with Jesus daily, allowing Him to teach you through the study of scripture, prayer, and other spiritual disciplines. Regularly spend time reading through the stories of Jesus in the Gospels.

There are so many different things in this world that are trying to teach us how we should live our lives, but Jesus is the only one that offers true life. We spend so much time being taught by this world, it is crucial that we spend time daily at the feet of the True Teacher, Jesus!

## Hear: John 15:1-17

- What do you see about our connection to Jesus, and to the Father in the passage?
- What specific things does this passage call us to abide (or remain) in?
- What does it mean for us to abide in Jesus?
- Looking in the passage, why does Jesus tell us these commands?
- We sit at the feet of Jesus as a response to who Jesus is and what He has done; but sometimes we forget about His goodness and we sit at the feet of other things (TV, classes, friends, etc.). What things have taken the place of you sitting at Jesus feet?
- How does this passage challenge you or encourage you to sit at Jesus' feet?

## Respond: Silence.

We live in a busy and noisy world. Some days we never connect with Jesus because so many other things are fighting for our time and attention. John 15 calls us to "abide in" Jesus. He should be the place we rest and the place that our work flows from.

- Plan an hour block today where you can be silent before the Lord. Take your Bible and a journal (no music, turn off your phone, etc.) and interact with the Lord through reading His word and prayer. Be silent for this hour! There will be many distractions that come to mind, write them down so you can get to them later.
  - **Tips:** start in prayer by asking Jesus to clear your mind of all other thoughts and focusing your heart on the Lord.
  - Try listening prayer: spend a minute in prayer by praying words to God, then spent 10 minutes in prayer by listening to his response.
  - God's word has already been given to us!!! Spend time reading through scripture as you are listening to God in prayer.

**Debrief:** Answer after you do the hour of silence.

- What did it feel like to sit in the Lord's presence for an hour?
- What things did you do during the hour? How did they help you connect with Jesus?
- What new things did you learn or experience through John 15 and silent prayer?
- How could you better integrate sitting at Jesus' feet into your daily life? What's one thing you can start tomorrow?