

ABIDE 101 • LESSON 1

The Biblical Mandate to Meditate and Obey

Meditate and Obey. Study and Apply. Hear and Do.

THE ABIDE CONVICTION

Discipleship is teaching disciples to prayerfully read, study, and meditate on God's Word, and to interpret, apply, and obey it, empowered by the Holy Spirit.

This is what it means to abide in Christ. And it is not the Abide program's idea. It is God's.



SECTION 1 • PSALM 119:1–8

From Passive Reader to Active Disciple

“Blessed are those who keep His testimonies and seek Him with all their heart.”

Psalms 119:2 • BSB

PSALM 119:1–8 1 / 2

¹Blessed are those whose way is blameless, who walk in the Law of the LORD. ²Blessed are those who keep His testimonies and seek Him with all their heart. ³They do no iniquity; they walk in His ways. ⁴You have ordained Your precepts, that we should keep them diligently. ⁵Oh, that my ways were committed to keeping Your statutes!

PSALM 119:1–8 2 / 2

⁶Then I would not be ashamed when I consider all Your commandments. ⁷I will praise You with an upright heart when I learn Your righteous judgments. ⁸I will keep Your statutes; do not utterly forsake me.

So What?

The shift from passive reader to active disciple begins with seeking God with all your heart. The Abide program gives you the tools and rhythms to make that shift. It is not one more religious duty. It is a way of meeting the Source of life in His Word.



SECTION 2 · JOHN 1:1–18

The Living Word: Jesus Makes the Father Known

“No one has ever seen God, but the one and only Son, who is Himself God and is at the Father’s side, has made Him known.”

John 1:18 · BSB

MSB: “the one and only Son, who is at the Father’s side”

¹In the beginning was the Word, and the Word was with God, and the Word was God.
²He was with God in the beginning. ³Through Him all things were made, and without Him nothing was made that has been made. ⁴In Him was life, and that life was the light of men.

JOHN 1:1–18 2 / 6

⁵The Light shines in the darkness, and the darkness has not overcome it. ⁶There came a man who was sent from God. His name was John. ⁷He came as a witness to testify about the Light, so that through him everyone might believe. ⁸He himself was not the Light, but he came to testify about the Light.

JOHN 1:1–18 3 / 6

⁹The true Light, who gives light to everyone, was coming into the world. ¹⁰He was in the world, and though the world was made through Him, the world did not recognize Him. ¹¹He came to His own, and His own did not receive Him.

JOHN 1:1–18 4 / 6

¹²But to all who did receive Him, to those who believed in His name, He gave the right to become children of God— ¹³children born not of blood, nor of the desire or will of man, but born of God.

¹⁴The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the one and only Son from the Father, full of grace and truth. ¹⁵John testified concerning Him. He cried out, saying, “This is He of whom I said, ‘He who comes after me has surpassed me because He was before me.’”

¹⁶From His fullness we have all received grace upon grace. ¹⁷For the law was given through Moses; grace and truth came through Jesus Christ. ¹⁸No one has ever seen God, but the one and only Son, who is Himself God and is at the Father's side, has made Him known.

Knowing the text is not the goal. Knowing Him is.

As D. A. Carson observes, “we might almost say that Jesus is the exegesis of God.”

**Read the written Word
to know the living
Word.**

Scripture testifies about Jesus;
study it carefully.

**Let truth travel from
the mind to the heart.**

Understanding a passage is the
beginning, not the end.

**Come to the Father
through the Son.**

He has made the Father known,
and Scripture is where we listen
to Him.

So What?

Seeing Jesus as the One who makes the Father known turns study from a clinical exercise into an act of communion. We do not open the Bible to collect data. We open it to meet the One it testifies about. Knowing the text matters because the text leads us to Him, and through Him to the Father.



SECTION 3 · JOHN 15:1–11

The Vital Connection: Abiding in the Vine

*“Remain in Me, and I will remain in you.
Just as no branch can bear fruit by itself
unless it remains in the vine, neither can
you bear fruit unless you remain in Me.”*

John 15:4 · BSB

JOHN 15:1–11 1 / 5

¹“I am the true vine, and My Father is the keeper of the vineyard. ²He cuts off every branch in Me that bears no fruit, and every branch that does bear fruit, He prunes to make it even more fruitful. ³You are already clean because of the word I have spoken to you.

JOHN 15:1–11 2 / 5

⁴Remain in Me, and I will remain in you. Just as no branch can bear fruit by itself unless it remains in the vine, neither can you bear fruit unless you remain in Me.

JOHN 15:1–11 3 / 5

⁵I am the vine and you are the branches. The one who remains in Me, and I in him, will bear much fruit. For apart from Me you can do nothing. ⁶If anyone does not remain in Me, he is like a branch that is thrown away and withers. Such branches are gathered up, thrown into the fire, and burned.

JOHN 15:1–11 4 / 5

⁷If you remain in Me and My words remain in you, ask whatever you wish, and it will be done for you. ⁸This is to My Father's glory, that you bear much fruit, proving yourselves to be My disciples. ⁹As the Father has loved Me, so have I loved you. Remain in My love.

JOHN 15:1–11 5 / 5

¹⁰If you keep My commandments, you will remain in My love, just as I have kept My Father's commandments and remain in His love. ¹¹I have told you these things so that My joy may be in you and your joy may be complete.

What follows when we remain

What Jesus says	What follows, in His words
“The one who remains in Me, and I in him,” (v. 5)	“will bear much fruit” (v. 5)
“If you remain in Me and My words remain in you,” (v. 7)	“ask whatever you wish, and it will be done for you” (v. 7)
“that you bear much fruit,” (v. 8)	“This is to My Father’s glory... proving yourselves to be My disciples” (v. 8)
“If you keep My commandments,” (v. 10)	“you will remain in My love” (v. 10)
“I have told you these things” (v. 11)	“so that My joy may be in you and your joy may be complete” (v. 11)

His love comes first (v. 9). We are not told to remain in order to be loved. We are told to remain in a love already given.

So What?

Obedience is not a burden we carry to earn His love. Jesus' love comes first (v. 9), and keeping His commandments is how we remain in that love (v. 10). The whole Abide program rests on this one repeated call: stay with Him. Let His words remain in you. Bear fruit. And let His joy become yours. This is how we abide in Christ and demonstrate our love for Him (John 14:21).



SECTION 4 · JAMES 1:22–25
MATTHEW 7:21–27

The Mirror and the Foundation

“Be doers of the word, and not hearers only. Otherwise, you are deceiving yourselves.”

James 1:22 · BSB

JAMES 1:22–25 1 / 2

²²Be doers of the word, and not hearers only. Otherwise, you are deceiving yourselves.

²³For anyone who hears the word but does not carry it out is like a man who looks at his face in a mirror, ²⁴and after observing himself goes away and immediately forgets what he looks like.

JAMES 1:22–25 2 / 2

²⁵ But the one who looks intently into the perfect law of freedom, and continues to do so—not being a forgetful hearer, but an effective doer—he will be blessed in what he does.

MATTHEW 7:21–27 1 / 4

²¹Not everyone who says to Me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only he who does the will of My Father in heaven. ²²Many will say to Me on that day, ‘Lord, Lord, did we not prophesy in Your name, and in Your name drive out demons and perform many miracles?’

MATTHEW 7:21–27 2 / 4

²³Then I will tell them plainly, ‘I never knew you; depart from Me, you workers of lawlessness!’ ²⁴Therefore everyone who hears these words of Mine and acts on them is like a wise man who built his house on the rock.

MATTHEW 7:21–27 3 / 4

²⁵The rain fell, the torrents raged, and the winds blew and beat against that house; yet it did not fall, because its foundation was on the rock. ²⁶But everyone who hears these words of Mine and does not act on them is like a foolish man who built his house on sand.

MATTHEW 7:21–27 4 / 4

²⁷The rain fell, the torrents raged, and the winds blew and beat against that house, and it fell—and great was its collapse!”

Same words. Same storm. Different foundation.

The wise builder

“everyone who hears these words of Mine and acts on them”

His house “did not fall, because its foundation was on the rock” (vv. 24–25).

The foolish builder

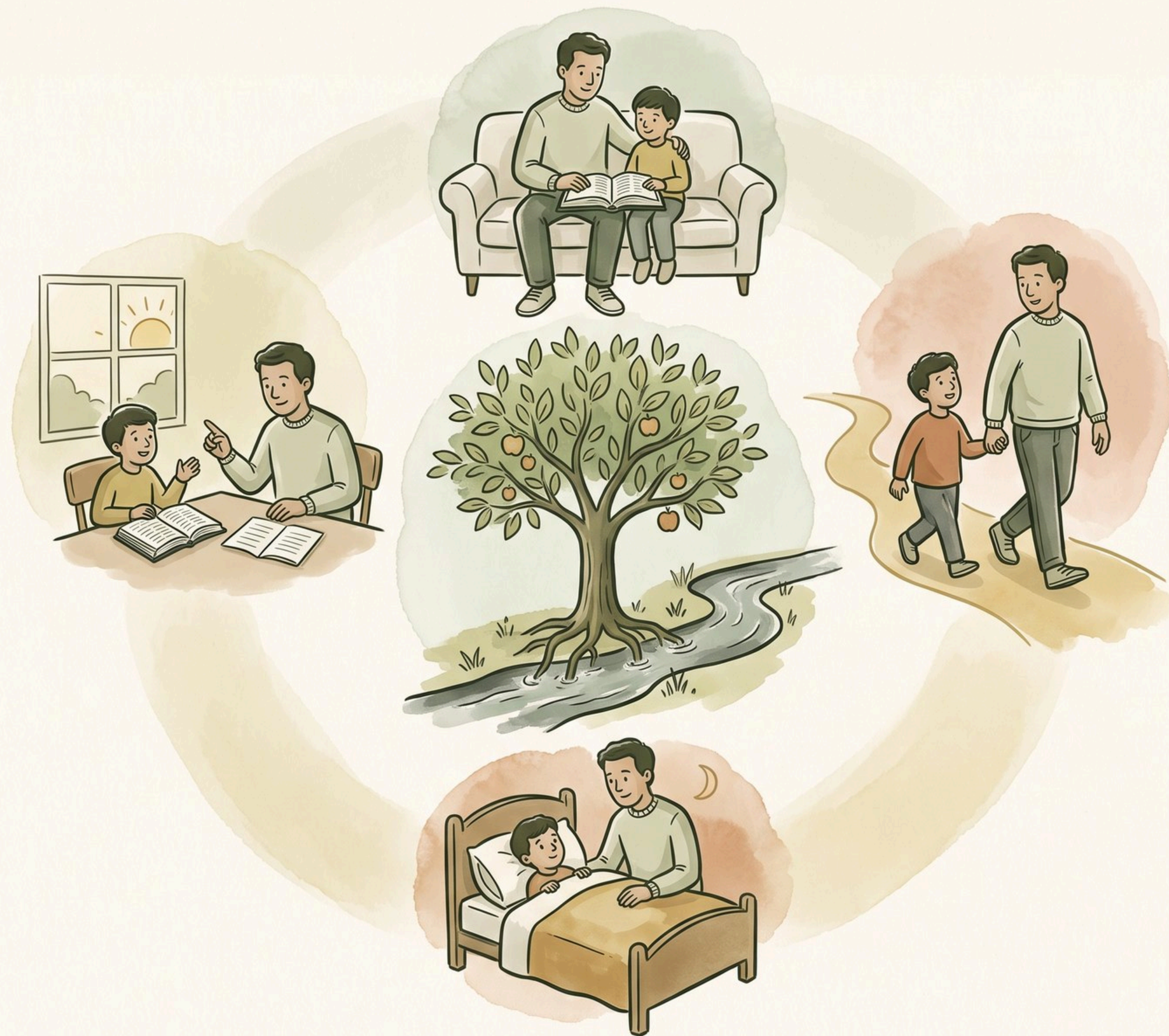
“everyone who hears these words of Mine and does not act on them”

His house fell, “and great was its collapse!” (vv. 26–27).

The difference is not what they heard but what they did.

So What?

The storm hits both builders. Hearing more does not change the forecast. What makes the difference is the foundation, and Jesus says the foundation is doing what He says. Hearing without doing leaves a house that falls. Hearing and doing builds a life that stands.



SECTION 5 · DEUTERONOMY 6:4–9
JOSHUA 1:8–9 · PSALM 1

Total Life Immersion: The Ancient Mandate

“And you shall teach them diligently to your children and speak of them when you sit at home and when you walk along the road, when you lie down and when you get up.”

Deuteronomy 6:7 · BSB

DEUTERONOMY 6:4–9 1 / 2

⁴Hear, O Israel: The LORD our God, the LORD is One. ⁵And you shall love the LORD your God with all your heart and with all your soul and with all your strength. ⁶These words I am commanding you today are to be upon your hearts.

DEUTERONOMY 6:4–9 2 / 2

⁷And you shall teach them diligently to your children and speak of them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸Tie them as reminders on your hands and bind them on your foreheads. ⁹Write them on the doorposts of your houses and on your gates.

JOSHUA 1:8–9 1 / 2

⁸This Book of the Law must not depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. For then you will prosper and succeed in all you do.

JOSHUA 1:8–9 2 / 2

⁹Have I not commanded you to be strong and courageous? Do not be afraid; do not be discouraged, for the LORD your God is with you wherever you go.”

PSALM 1 1 / 3

¹Blessed is the man who does not walk in the counsel of the wicked, or set foot on the path of sinners, or sit in the seat of mockers. ²But his delight is in the Law of the LORD, and on His law he meditates day and night.

PSALM 1 2 / 3

³He is like a tree planted by streams of water, yielding its fruit in season, whose leaf does not wither, and who prospers in all he does. ⁴Not so the wicked! For they are like chaff driven off by the wind. ⁵Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

PSALM 1 3 / 3

⁶For the LORD guards the path of the righteous, but the way of the wicked will perish.

Meditate: *hāgâ*

In these two verses, “to think intently and at length, as for spiritual purposes” (Lexham Analytical Lexicon).

“When you read you allow the Word to pass through the mind, but when you meditate you cause the Word to stay on the mind.”

Brian Hedges

“Eastern meditation is an attempt to empty the mind; Christian meditation is an attempt to fill the mind.”

Richard Foster, quoted in Hedges

Meditation is a bridge

From reading to praying

*“The word feedeth
meditation, meditation
feedeth prayer.”*

Thomas Manton

From the mind to the heart

*“As a hammer drives a nail to
the head; so meditation drives
a truth to the heart.”*

Thomas Watson

From hearing to doing

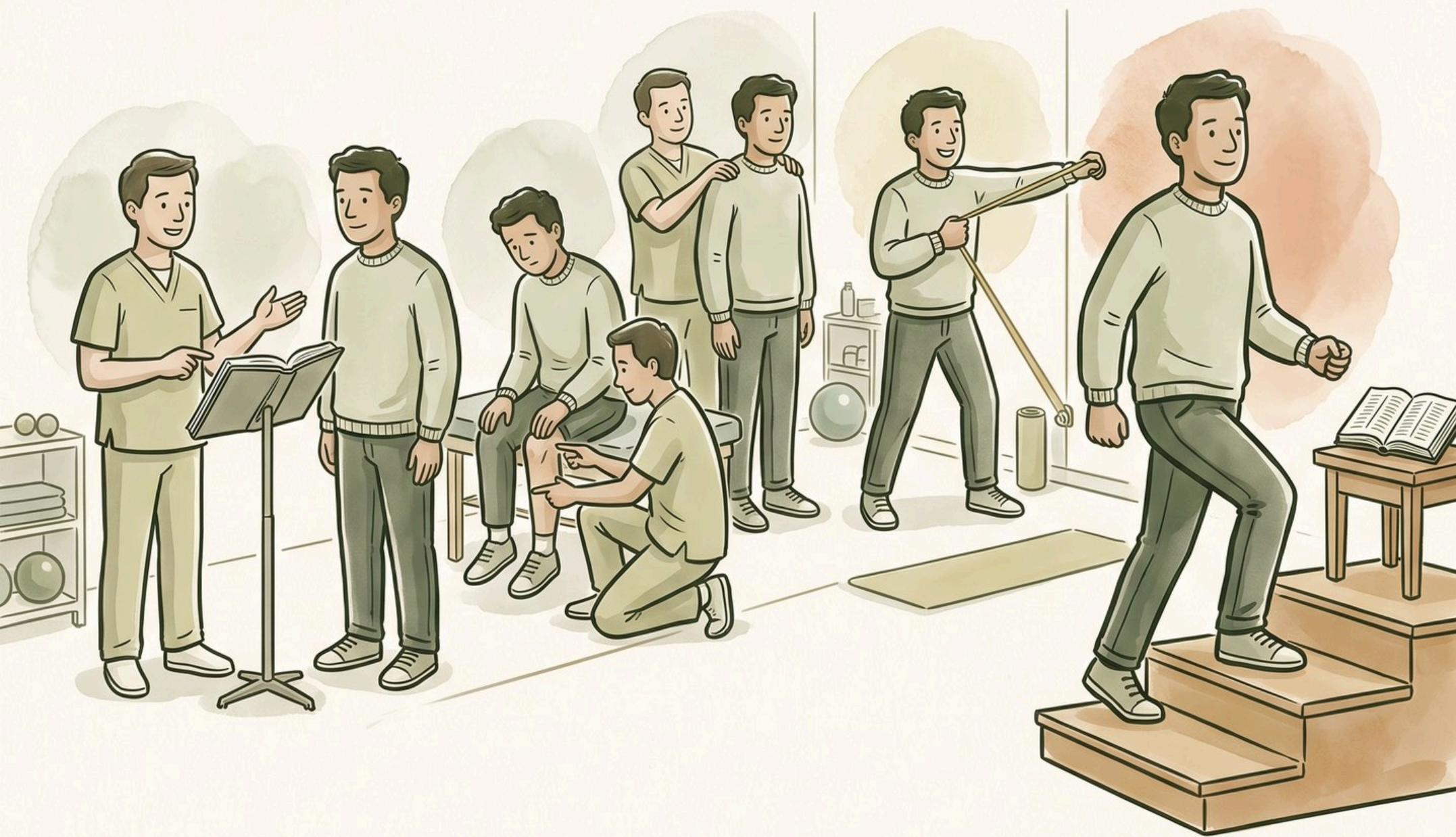
*“so that you may be careful to
do everything written in it”*

Joshua 1:8 · BSB

The bridge picture and the Manton and Watson quotations are from Brian Hedges, Christ Formed in You.

So What?

Psalm 1 shows where this leads. The one whose “delight is in the Law of the LORD,” who “meditates day and night,” is “like a tree planted by streams of water, yielding its fruit in season, whose leaf does not wither” (vv. 2–3, BSB). Day-and-night meditation grows a deeply rooted life, one where doing what God says becomes a habit rather than an occasional effort.



SECTION 6 • 2 TIMOTHY 3:14–17

The God-Breathed Manual: Authority and Sufficiency

“All Scripture is God-breathed and is useful for instruction, for conviction, for correction, and for training in righteousness, so that the man of God may be complete, fully equipped for every good work.”

2 Timothy 3:16–17 • BSB

2 TIMOTHY 3:14–17 1 / 2

¹⁴But as for you, continue in the things you have learned and firmly believed, since you know from whom you have learned them. ¹⁵From infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.

2 TIMOTHY 3:14–17 2 / 2

¹⁶All Scripture is God-breathed and is useful for instruction, for conviction, for correction, and for training in righteousness, ¹⁷so that the man of God may be complete, fully equipped for every good work.

Four kinds of work, like a physical therapist

Instruction

didaskalia

The therapist explains how the body is meant to move.

Scripture shows us what is true.

Conviction

elegmos

The assessment shows exactly where something is wrong.

Scripture shows us where we have strayed.

Correction

epanorthōsis

The adjustment sets it right.

Scripture does not stop at the diagnosis; it sets us right.

Training in righteousness

paideia

The daily exercises build new strength.

Scripture forms new habits of right living.

*The goal: “so that the man of God may be complete, fully equipped for every good work”
(2 Timothy 3:17, BSB).*

So What?

This fourfold work moves a believer from wounded to “fully equipped for every good work” (v. 17, BSB). The Bible does not simply inform us of our faults. It trains us to walk in righteousness.



SECTION 7 · 1 CORINTHIANS 2:10–14
JOHN 14:15–31

The Divine Partner: The Role of the Holy Spirit

“We have not received the spirit of the world, but the Spirit who is from God, that we may understand what God has freely given us.”

1 Corinthians 2:12 · BSB

1 CORINTHIANS 2:10–14 1 / 3

¹⁰But God has revealed it to us by the Spirit. The Spirit searches all things, even the deep things of God. ¹¹For who among men knows the thoughts of man except his own spirit within him? So too, no one knows the thoughts of God except the Spirit of God.

1 CORINTHIANS 2:10–14 2 / 3

¹²We have not received the spirit of the world, but the Spirit who is from God, that we may understand what God has freely given us. ¹³And this is what we speak, not in words taught us by human wisdom, but in words taught by the Spirit, expressing spiritual truths in spiritual words.

1 CORINTHIANS 2:10–14 3 / 3

¹⁴The natural man does not accept the things that come from the Spirit of God. For they are foolishness to him, and he cannot understand them, because they are spiritually discerned.

JOHN 14:15–31 1 / 8

¹⁵If you love Me, you will keep My commandments. ¹⁶And I will ask the Father, and He will give you another Advocate to be with you forever— ¹⁷the Spirit of truth. The world cannot receive Him, because it neither sees Him nor knows Him. But you do know Him, for He abides with you and will be in you.

JOHN 14:15–31 2 / 8

¹⁸I will not leave you as orphans; I will come to you. ¹⁹In a little while the world will see Me no more, but you will see Me. Because I live, you also will live. ²⁰On that day you will know that I am in My Father, and you are in Me, and I am in you.

JOHN 14:15–31 3 / 8

²¹Whoever has My commandments and keeps them is the one who loves Me. The one who loves Me will be loved by My Father, and I will love him and reveal Myself to him.”

²²Judas (not Iscariot) asked Him, “Lord, why are You going to reveal Yourself to us and not to the world?”

JOHN 14:15–31 4 / 8

²³ Jesus replied, “If anyone loves Me, he will keep My word. My Father will love him, and We will come to him and make Our home with him. ²⁴ Whoever does not love Me does not keep My words. The word that you hear is not My own, but it is from the Father who sent Me.

JOHN 14:15–31 5 / 8

²⁵All this I have spoken to you while I am still with you. ²⁶But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you.

JOHN 14:15–31 6 / 8

²⁷Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

JOHN 14:15–31 7 / 8

²⁸You heard Me say, ‘I am going away, and I am coming back to you.’ If you loved Me, you would rejoice that I am going to the Father, because the Father is greater than I.

²⁹And now I have told you before it happens, so that when it does happen, you will believe.

JOHN 14:15–31 8 / 8

³⁰I will not speak with you much longer, for the prince of this world is coming, and he has no claim on Me. ³¹But I do exactly what the Father has commanded Me, so that the world may know that I love the Father. Get up! Let us go on from here.

The Spirit of truth teaches

“But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you.”

John 14:26 · BSB

That promise was given first to the apostles, the men who had heard Jesus speak and would bear witness to His words. The same Spirit now teaches every believer (1 John 2:27).

So What?

Discipline without the Spirit wears us out. When the Spirit opens the text, study becomes fellowship. We are not alone in our effort to obey. The Spirit of truth “abides with you and will be in you” (John 14:17, BSB).



SECTION 8 · MATTHEW 28:18–20

The Great Commission: Discipleship as Teaching the Skills

“Therefore go and make disciples of all nations... teaching them to obey all that I have commanded you.”

Matthew 28:19–20 · BSB

MATTHEW 28:18–20 1 / 2

¹⁸Then Jesus came to them and said, “All authority in heaven and on earth has been given to Me. ¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,

MATTHEW 28:18–20 2 / 2

²⁰and teaching them to obey all that I have commanded you. And surely I am with you always, even to the end of the age.”

Three pairs of practices to learn and pass on

Meditate and Obey

The practice of *hāgâ* (Section 5), filling the mind with God's truth and letting it shape how we live.

Study and Apply

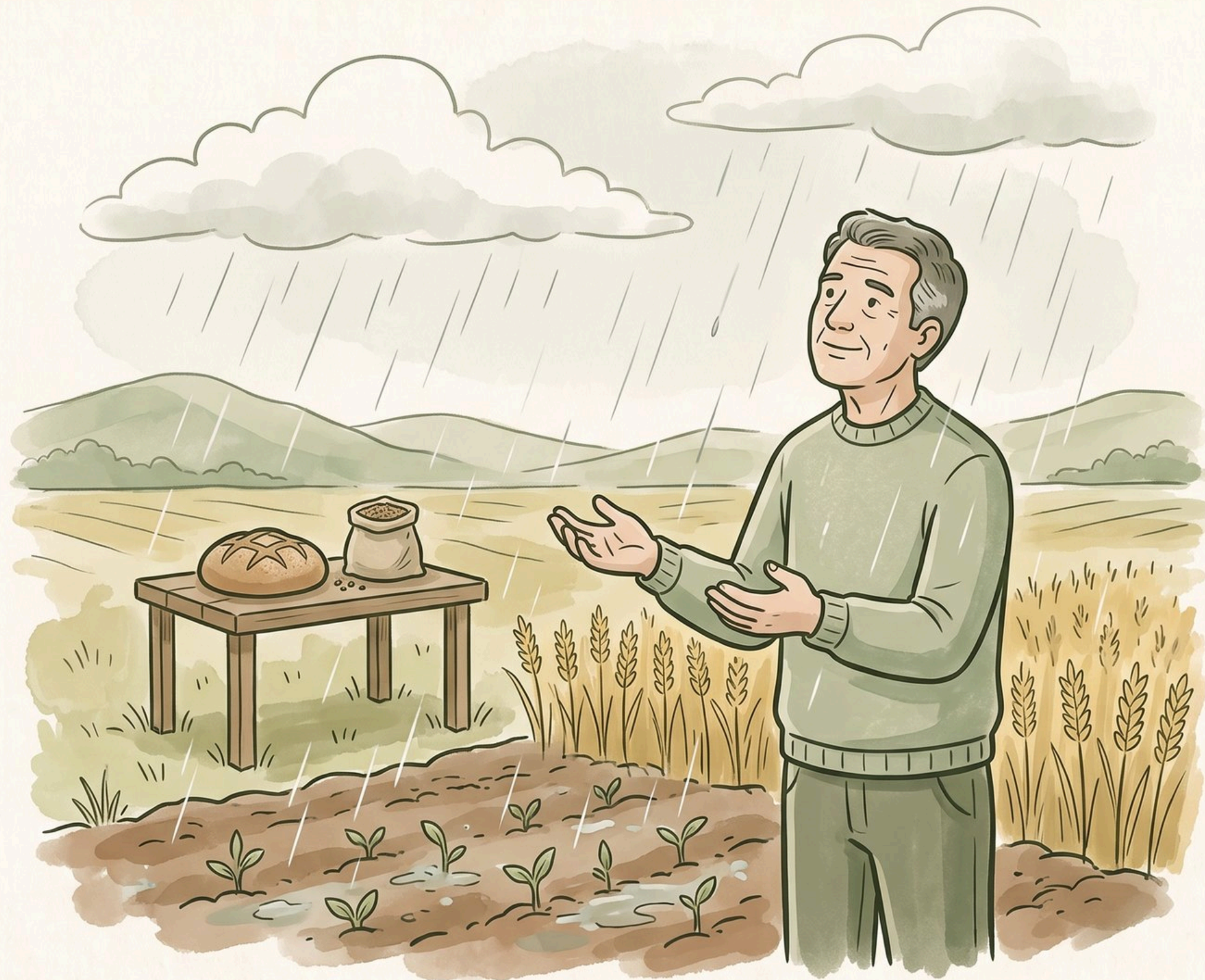
Drawing meaning from the text and carrying it into daily life.

Hear and Do

Closing the gap between knowing and doing, so the disciple's house is built on the rock (Matthew 7:24–25).

So What?

Discipleship passes on a way of life. Israel learned in the wilderness that “man does not live on bread alone, but on every word that comes from the mouth of the LORD” (Deuteronomy 8:3, BSB), and Jesus answered temptation with those same words (Matthew 4:4). When believers learn to engage the Word with mind and heart, drawing meaning from the text and acting on what they find, the church grows from people who depend on others for every insight into followers of Christ who can feed on God’s Word themselves and help others do the same.



SECTION 9 • ISAIAH 55:6–11

The Proven Mandate: What Scripture Demands of Every Disciple

“...so My word that proceeds from My mouth will not return to Me empty, but it will accomplish what I please, and it will prosper where I send it.”

Isaiah 55:11 • BSB

ISAIAH 55:6–11 1 / 3

⁶Seek the LORD while He may be found; call on Him while He is near. ⁷Let the wicked man forsake his way and the unrighteous man his thoughts; let him return to the LORD, that He may have compassion, and to our God, for He will freely pardon.

ISAIAH 55:6–11 2 / 3

⁸“For My thoughts are not your thoughts, neither are your ways My ways,” declares the LORD. ⁹“For as the heavens are higher than the earth, so My ways are higher than your ways and My thoughts than your thoughts.”

ISAIAH 55:6–11 3 / 3

¹⁰For just as rain and snow fall from heaven and do not return without watering the earth, making it bud and sprout, and providing seed to sow and food to eat, ¹¹so My word that proceeds from My mouth will not return to Me empty, but it will accomplish what I please, and it will prosper where I send it.

So What?

May you know the happiness of the one God favors, the true *Ashrei*, as you delight in His Word and walk in His ways.

FOR EVERY DISCIPLE

Where in your life have you kept His Word out?

Open that ground to the rain. Step out in grace, lean into the joy of obedience, and let His Word do what He sends it to do.

Meditate and Obey. Study and Apply. Hear and Do.

This is how we abide in Christ. This is how we demonstrate our love for God.