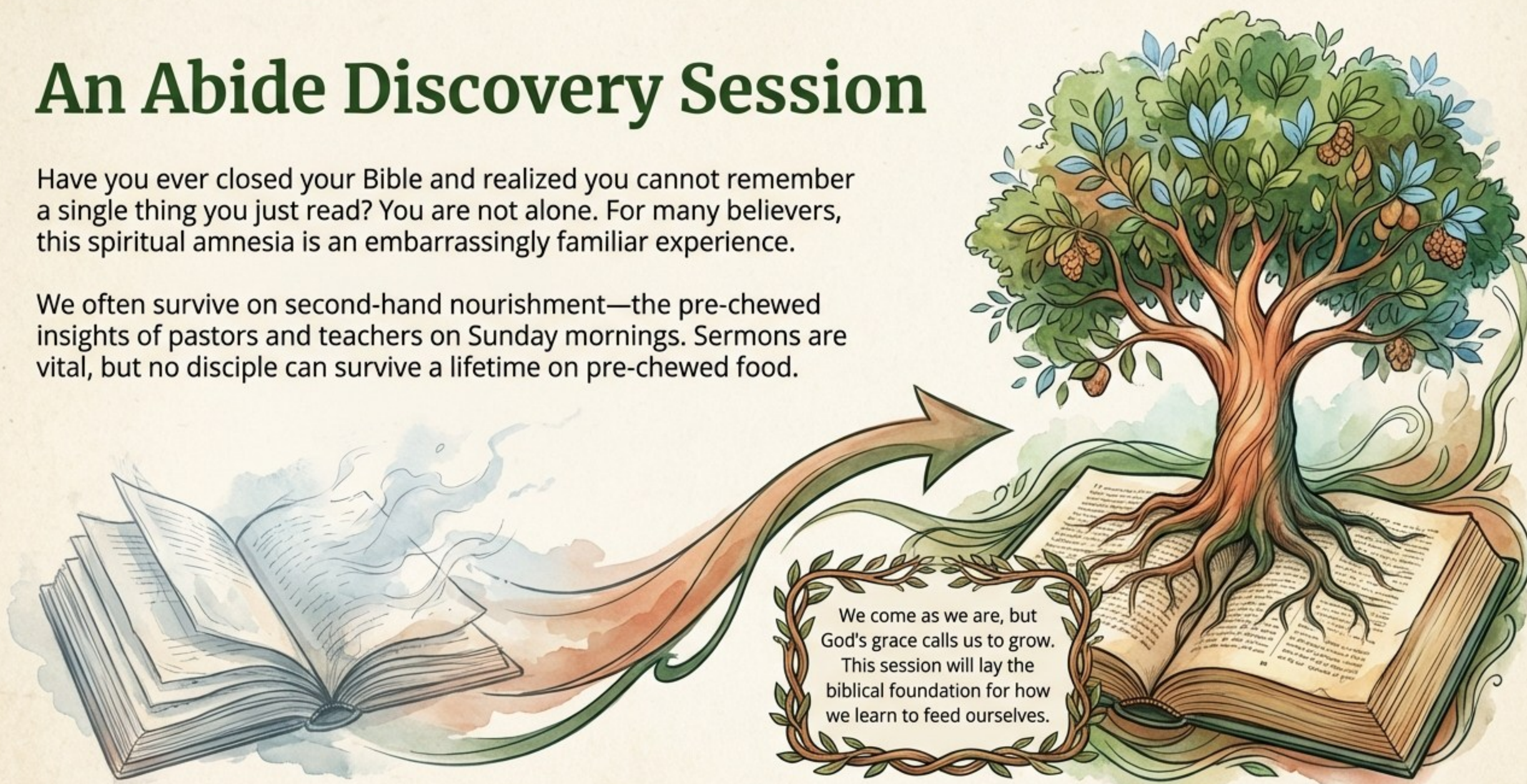


An Abide Discovery Session

Have you ever closed your Bible and realized you cannot remember a single thing you just read? You are not alone. For many believers, this spiritual amnesia is an embarrassingly familiar experience.

We often survive on second-hand nourishment—the pre-chewed insights of pastors and teachers on Sunday mornings. Sermons are vital, but no disciple can survive a lifetime on pre-chewed food.

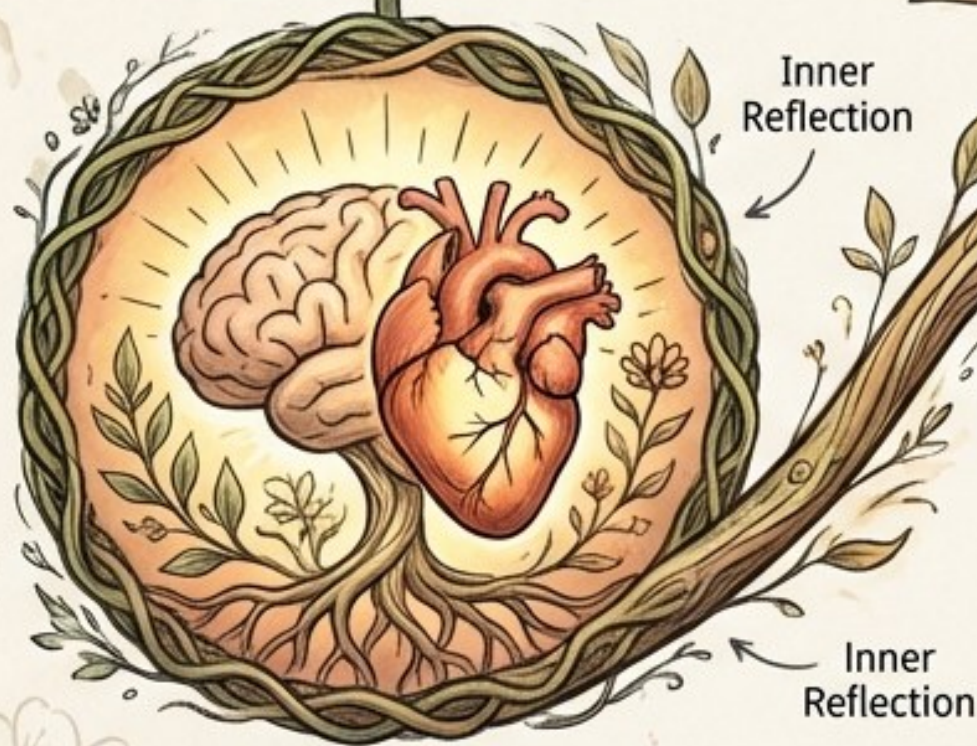


We come as we are, but
God's grace calls us to grow.
This session will lay the
biblical foundation for how
we learn to feed ourselves.

The Core Conviction: Moving from Consumer to Cultivator

Discipleship is teaching believers to prayerfully read, study, and meditate on God's Word, and to interpret, apply, and obey it, empowered by the Holy Spirit. This is not our idea; it is God's design for human flourishing. Psalm 119 declares that those who walk in His law experience Ashrei—a deep, resonant joy and contentment rooted in God's favor.

We achieve this through three specific action pairs:



Inner Reflection

Inner Reflection

Meditate and Obey



Active Understanding

Active Understanding

Study and Apply



Living Out Faith

Hear and Do

The Living Word: Looking into the Face of Jesus

The Bible is not a collection of dead moralistic data. It is inextricably linked to the Living Word, Jesus Christ (John 1:1-18).

The Ultimate Exegete

The Greek word *exegeomai* means to draw out the true meaning of a text. Jesus perfectly draws out and explains the reality of the Father for us.

The Goal of Study

When we look into the text, we are not just gathering facts. We are looking into the face of Jesus. To know the text is to know the Savior.

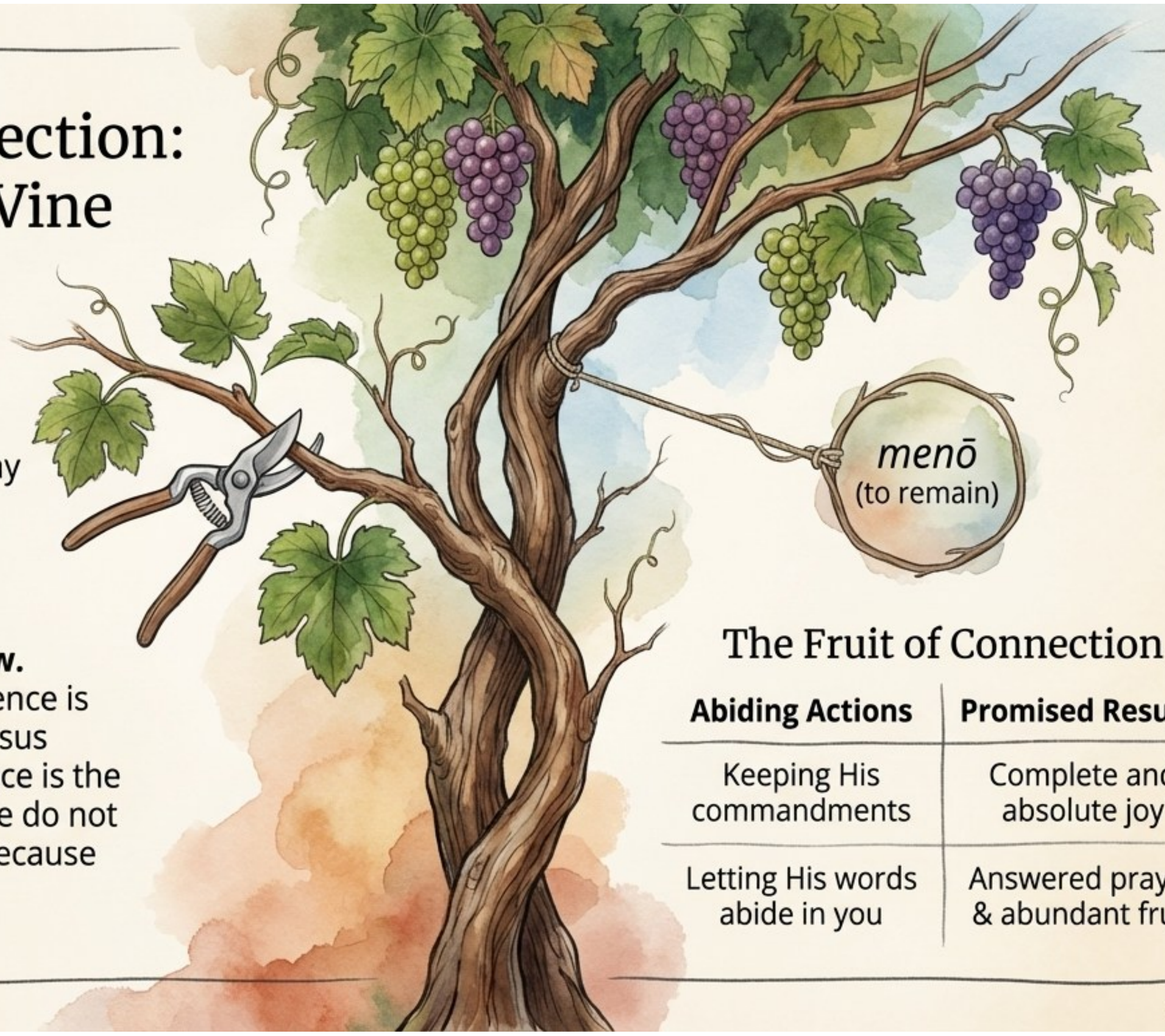
Our mission is to become better interpreters of the written Word to commune with the Living Word.

The Vital Connection: Abiding in the Vine

To **abide** is a proactive relational state. The Greek word *menō* means to remain in, continue in, or stay connected. It is the active clinging of a branch to its source of life.

Obedience as Nutrient Flow.

In our modern world, obedience is often viewed as a burden. Jesus reframes it entirely: obedience is the mechanism of fellowship. We do not obey to be loved; we obey because we are loved.

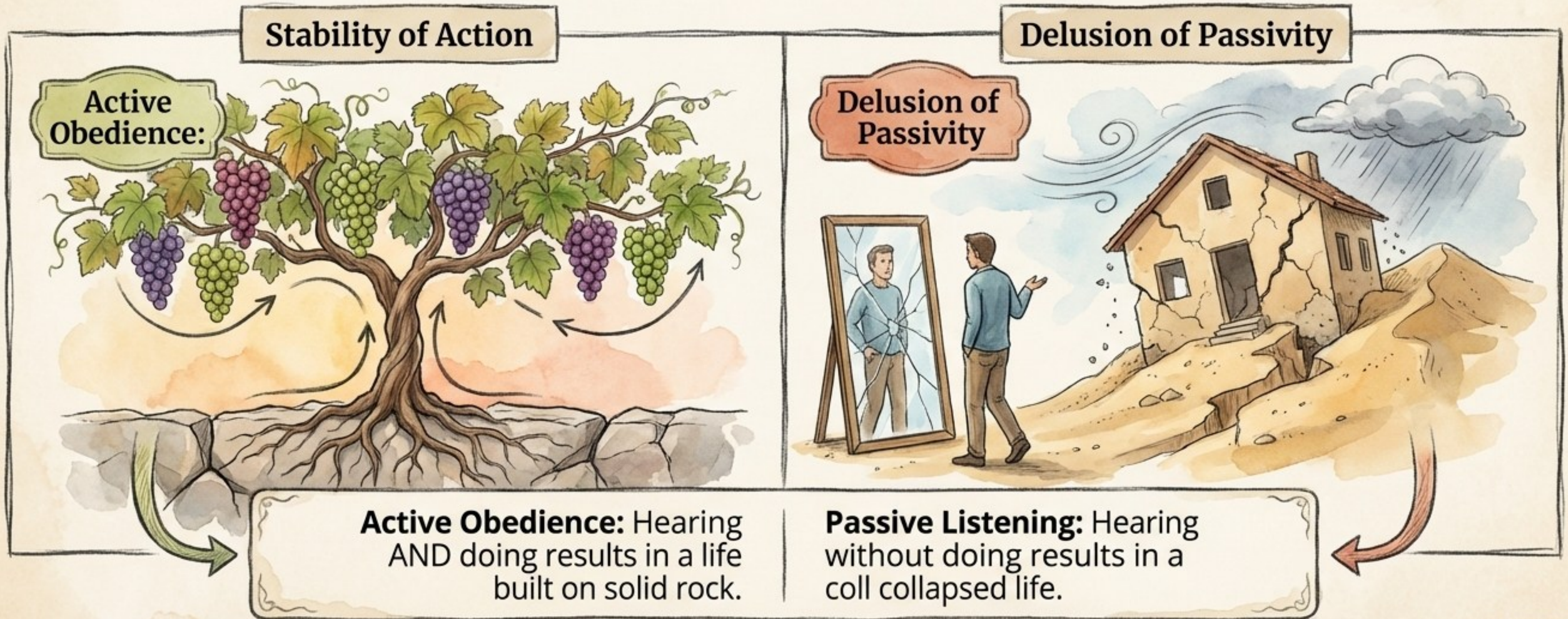


The Fruit of Connection

Abiding Actions	Promised Results
Keeping His commandments	Complete and absolute joy
Letting His words abide in you	Answered prayer & abundant fruit

The Stability of Action vs. The Delusion of Passivity

There is a dangerous gap between hearing the Word and doing it. James 1 calls passive reading a delusion—like seeing a flaw in a mirror and walking away without fixing it. Crisis does not discriminate based on how many sermons you have heard. The only differentiator for stability is the foundation of doing.



Total Life Immersion: The Spaces Between

The call to abide is an ancient mandate. In Deuteronomy 6:4-9, Yahweh commands that His words be woven into the very fabric of our days. This is not reserved for a pristine, 15-minute quiet time. It is designed for the spaces between. We are called to total life immersion in four daily transitions.



**1. Sitting
in your
house**



**2. Walking
by the way**



3. Lying down



4. Rising up

The Practice of Meditation: Aggressively Filling the Mind



Unlike secular meditation which seeks to empty the mind, biblical meditation (*hagah*) aggressively fills it. *Hagah* means to mutter, muse, moan, and chew.



The Cow Chewing Cud:

Extracting every single drop of nourishment by bringing the text back up throughout the day.

The Dog with a Bone:

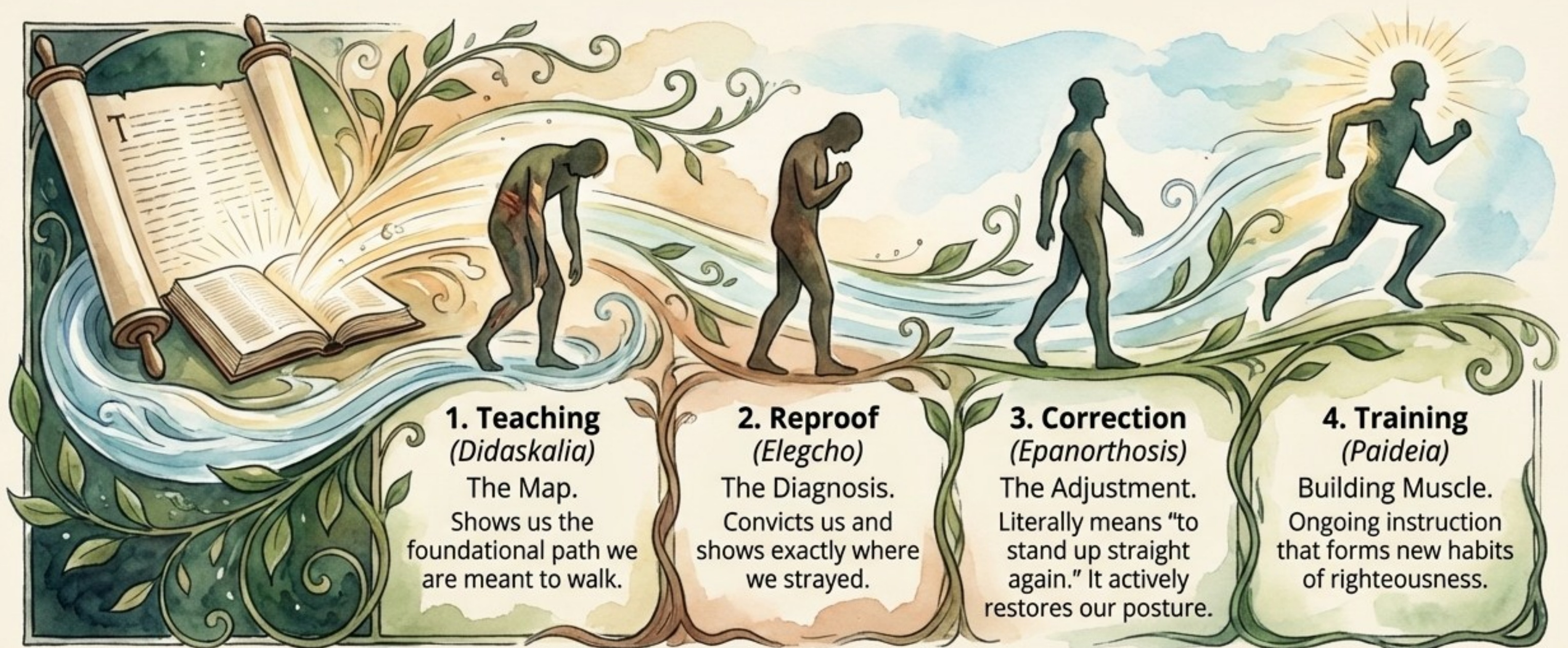
Gnawing on the same truth for hours, refusing to let it go.

The Result:

Continuous *hagah* transforms obedience from an occasional, exhausting effort into a natural, daily reflex.

The God-Breathed Manual: Your Spiritual Physical Therapist

We cannot build a life on human opinion. We need *Theopneustos*—a God-breathed revelation (2 Timothy 3:14-17). The Word acts as our Spiritual Physical Therapist, moving us from spiritually injured to thoroughly equipped through four steps.

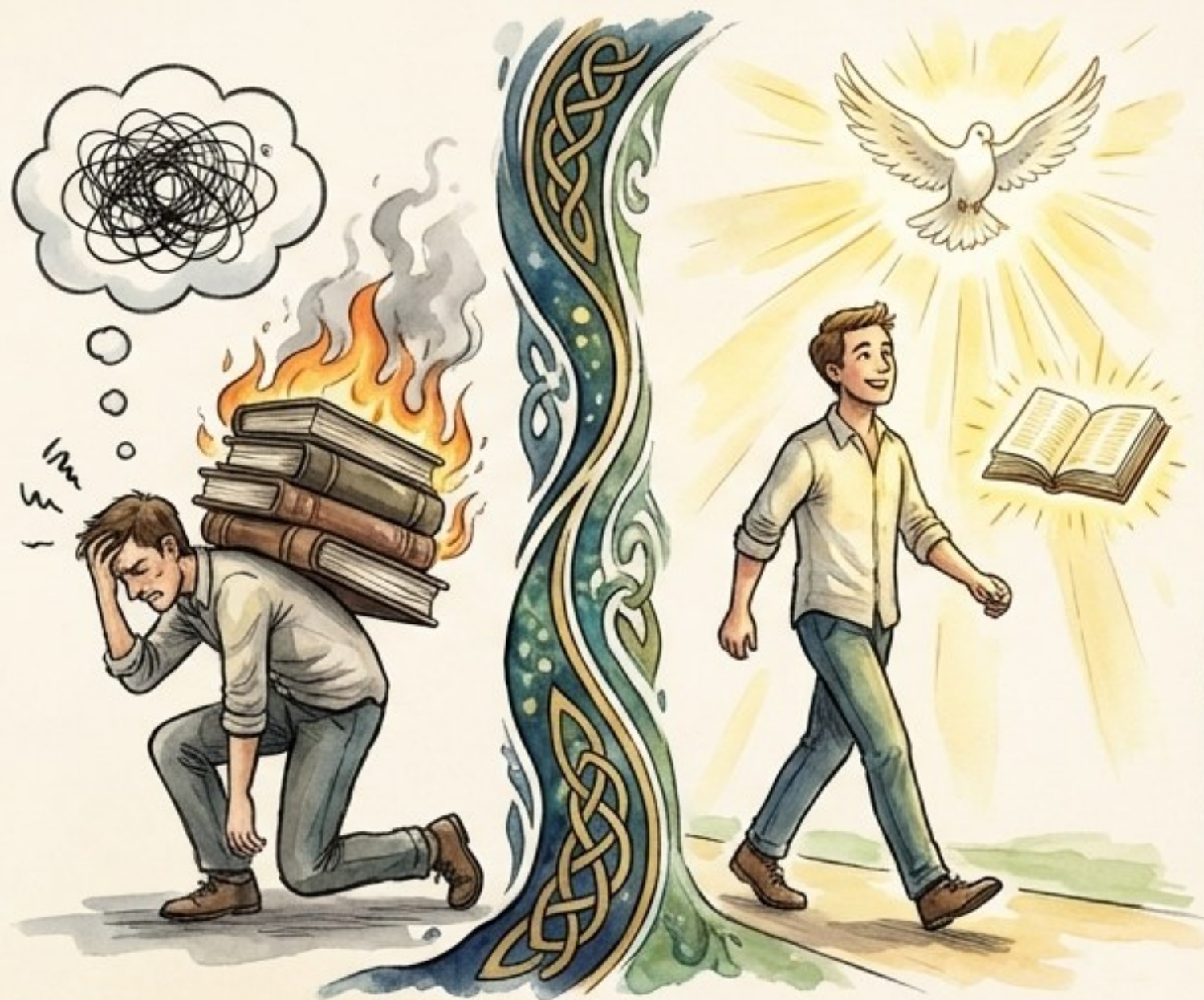


The Divine Partner: Unlocking Spiritual Truth

Human intellect alone cannot grasp the depths of God; relying on our own strength leads to religious burnout. We require an indispensable partner to unlock the words we chew on.

The Limitation of Intellect

Discipline without the Spirit's empowerment leads to exhaustion and religious burnout.

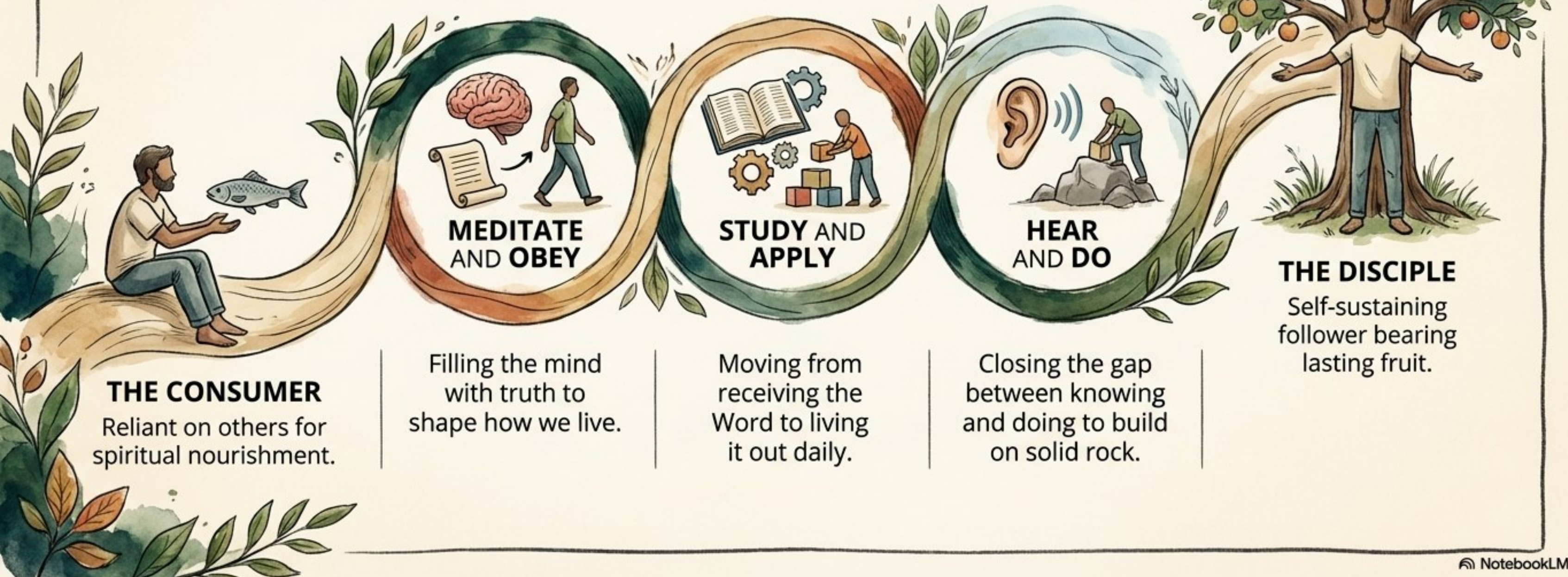


The Divine Advocate

Jesus sends the Holy Spirit to bring His words to remembrance. The Spirit transforms careful study into intimate fellowship. We are never alone in our effort to obey.

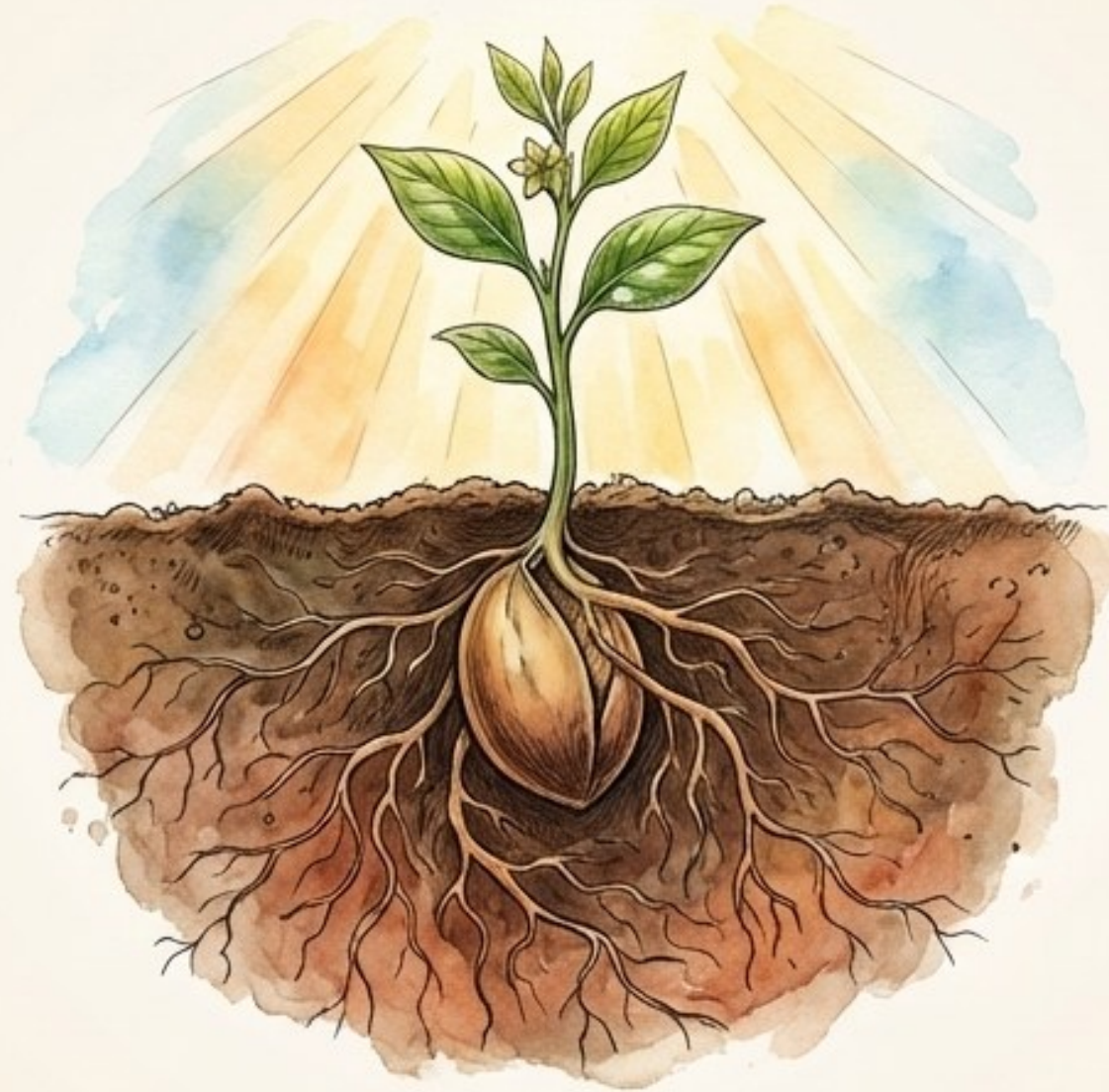
The Great Commission: Mastering the Skills of Discipleship

Jesus' final command is the difference between handing someone a fish and teaching them to fish for themselves.



The Promise of the Fruitful Seed

The Abide program rests on God's own design for how His people flourish. Through the prophet Isaiah, Yahweh declares that His Word is like rain watering the earth—it will never return empty. His Word is a seed, and it does not fail.



Step out in grace, lean into the joy of obedience, and let the Word take root in the soil of your life.

MEDITATE AND OBEY. STUDY AND APPLY. HEAR AND DO.