

# 8. The Means Of Remaining In Christ

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*Our union with Christ transforms the practical things we do to help us remain in Christ day after day*



*"...life with God is like sailing. You need the wind, and the wind blows where it will. You can't control it. But you can catch it. And to catch the wind you must draw the sail. To draw the sail, certain skills must be learned and put into practice. But these skills will benefit you only if you've decided to go on the journey. So let's assume you want to commune with God. How then do you draw the sail?"*

*"...these means, by themselves, do not change us. God is the one who changes us. These means put us in a place where God can work within us. They are the ordinary means God has provided for us to experience His extraordinary grace. They are the means of drawing the sail."*

*- "Union With Christ", Rankin Wilbourne (pg 229-230)*



The tension for us as followers of Jesus is often this: even when we want to draw near to him, we often struggle to do the things that we know will help us do that.

## Discussion

1. What does remaining in Christ look like for you day to day?
  
2. Do you ever struggle to "draw the sail" in order to let God work in you?



Last week, we were reminded that we are completely dependent on God's grace, but that doesn't mean we are simply passive observers as we follow Jesus. We're called to actively seek to commune with God.

This week, we're looking at what it looks like to pursue Christ, day after day. The practical actions, the spiritual disciplines that help us remain in Christ, and be reminded of God's grace to us every day.

# What does the Bible say?

Split up into smaller groups and spend some time reading these passages. Then come back together and discuss what you found.

## **Meditation on the word**

- Psalm 1:1-3
- Psalm 119:15-16 & 33-36
- 2 Timothy 3:16-17
- Matthew 4:4
- Heb 4:12

## **Prayer**

- Philippians 4:6-7
- Psalm 6:9
- Psalm 145:18
- Matthew 6:9-13
- Romans 8:26-27
- Ephesians 2:18
- Ephesians 6:18
- James 5:13-16

## **Worship/church life (singing, communion, baptism, Bible talks)**

- Hebrews 10:19-25
- Hebrews 12:1-3
- 1 Cor 10:15-16
- Romans 6:3
- Romans 12:1-2
- Ephesians 5:18-20

## **Community**

- Gen 2:18
- 1 Cor 12:12-20
- Heb 3:12-13
- Col 3:15-16

