

## **How to be a branch** (John 15:1-17)

When Jesus wants to explain the eternal invisible realities of life with God, He points to familiar physical examples. Like a grape vine.

If you're a branch, you're either connected to the vine or you're dying. These are your options.

You experience Jesus' sacrificial love as you give it to others. "If you keep my instructions, you'll be at home in my love...This is my instruction: love each other."

What if you're bad at sacrificial love? Or bad at anything? What if you're not growing the "fruit" of joy and peace and kindness and self-control and all that good stuff?

Branches produce fruit by abiding (relaxing and making themselves at home) in the vine.

Branches don't have lots of anxiety. They don't freak out and try to force fruit to grow. They don't try to convince people there's more fruit than there is. They just relax and make themselves at home in the vine.

What if a branch wants or needs something? It can whisper to the vine and "ask for anything you wish and it will be done for you."

What if a branch is experiencing intense weather and things are just rough? It holds onto the vine. The vine is its Life. Where else could it go??

### **Main point: relax and make yourself at home in the Jesus.**

No matter what you're experiencing or what you need, as a branch you have ONE JOB—relax and make yourself at home in Jesus the vine. Every minute of every day. Isn't it kind of refreshing to only focus on one thing?

"This concentration upon God is strenuous, but everything else has ceased to be so." - Frank Laubach

### **Takeaways:**

How can we form some habits that help us relax and be at home in Him all the time?

Meditate on the Psalm 1 tree image. Slow down and breathe deeply.

Go outside. Sit in a tree. Look at the birds. Look at the flowers. Take Jesus's instructions seriously. If you're not an outdoor person, get an indoor plant and stare at it.

I'll ask life group leaders to share examples of how they stay at home in Jesus.