

MESSAGE NOTES

"Facing Stress. Finding Joy."

Pastor Matt Mylin — October 3, 2021

John 15:1-11, John 14:26-27

1. A disciple remains connected to Jesus and his words.

2. A disciple is pruned to produce fruit.

Galatians 5:22-23, Philippians 1:11 (NLT), Colossians 1:10, Hebrews 13:15

3. A disciple finds true joy in practicing what Jesus taught.

John 15:11

Spiritual practices:

Engage with the words of Jesus regularly by reading scripture.

Set aside a few minutes each day in prayer and reflection.

Examine the fruit of your own life.

All scriptures are from the New International Version unless otherwise noted.

COMMUNITY GROUP MEETING OUTLINE

Where your faith intersects with real life!

Connect:

Each person shares a recent high and low from their life.

Explore:

What is God saying to you through this message?

Big Idea: Staying connected to Jesus and following his teachings will produce fruit in us that impacts those around us.

Choose one or two questions for your group to discuss as time allows.

- ▶ Read Psalms 1:1-3. What does it mean in practice to be "planted by streams of water"? How would it feel to have "whatever you do prosper"?
- ▶ Read John 14:26-27 (NIV). In what ways do we "let our hearts be troubled"?
- ▶ Let's do a little word study on the word "fruit". Read these verses and consider what fruit you desire to see in your life. Read Galatians 5:22-23 (NIV), Philippians 1:11 (NLT), Colossians 1:10 (NIV), and Hebrews 13:15 (NIV).

Activate:

Spend a moment in silence to consider your response, then share your decision with the group.

Which of these spiritual practices: engaging in scripture reading, reflection, or prayer could you prioritize in a new way to help you grow as a disciple of Jesus?

Pray:

Thank God for the highs shared and lift up the lows.

Pray that our church grows in our commitment to practice what Jesus taught, and find the joy that comes through relationship with him.

Fill in the blank key: connected; pruned; practicing