

In the same way a vine needs a trellis to lift it off the ground so it can bear the maximum amount of fruit and keep free of predators and diseases, we need a trellis as a kind of support structure to organize our life around “abiding in the vine,” (John 15 v.1–8) as Jesus imagined.

Spiritual Disciplines

Letting Go:

- Solitude- Spending time alone to be with God
- Silence- Removing noisy distractions to hear from God
- Fasting- Skipping a meal(s) to find greater nourishment from God
- Frugality- Learning to live with less money and still meet your basic needs
- Secrecy- Avoiding self-promotion, practicing serving God without others knowing
- Sacrifice- Giving of our resources beyond what seems reasonable to remind us of our dependence on Christ

Activity:

- Study- Spending time reading the Word and meditating on its meaning and importance to our lives
- Worship- Offering praise and adoration to God
- Prayer- Talking to and listening to God about your relationship with Him and about the concerns of others
- Fellowship- Mutual caring and ministry in the body of Christ
- Confession- Regularly confessing your sins to the Lord and other trusted individuals
- Submission- Humbling yourself before God and others while seeking accountability in relationships

Goals

Be with Jesus

Become like Jesus

Do what Jesus did

- **Daily** – morning and evening
- **Weekly**

Goals	<i>Be with Jesus</i>	<i>Become like Jesus</i>	<i>Do what Jesus did</i>
Daily			
Weekly			