



## Session 1: Meeting Jesus and Each Other

### Focus Prayer

As you begin this time of reflection on Session 1, offer this prayer or the words of your own heart:

*God, give me ears to hear, eyes to see, and a heart to know your love through my time here today. Amen.*

### Core Theme

Jesus – Who is Jesus Christ, why does he matter, and what’s love got to do with it?

### Scripture: John 15:1-11

Jesus said: “I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches.

“Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples. As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.”

In a journal or with a partner, explore the following:

- In John 15:1-11, what words or phrases did you notice that illustrate who Jesus is? Who does Jesus say he is?
- In John 15:1-11, what kind of life does Jesus promise for those who follow him?
- Who is Jesus Christ, and why does he matter to you?
- Why does it matter that our lives, minds, and hearts center on Jesus?
- What difference has being “centered” on Jesus (“abiding” in him) made in your life? What difference do you hope it might make to your life going forward?

### Closing Prayer

Close your reflection time with prayer, either with these words or your own.

*I give thanks for the love of Christ, in and through all things. Amen.*

### **Additional Engagement Opportunities**

- Explore the practice of Turn from the Way of Love. How might you turn more fully and regularly to God?
- Between now and the next session, consider: “What part of your life needs to be centered or re-centered on Jesus?”