



Rock Point Church

Rocky High | 1.18.26

**Big Idea: Spiritual health is formed when we stay, not stray.**

### **John 15:1-12 (NLT)**

<sup>1</sup> “I am the true grapevine, and my Father is the gardener. <sup>2</sup> He cuts off every branch of mine that doesn’t produce fruit, and he prunes the branches that do bear fruit so they will produce even more. <sup>3</sup> You have already been pruned and purified by the message I have given you. <sup>4</sup> Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

<sup>5</sup> Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. <sup>6</sup> Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. <sup>7</sup> But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! <sup>8</sup> When you produce much fruit, you are my true disciples. This brings great glory to my Father.

<sup>9</sup> I have loved you even as the Father has loved me. Remain in my love. <sup>10</sup> When you obey my commandments, you remain in my love, just as I obey my Father’s commandments and remain in his love. <sup>11</sup> I have told you these things so that you will be filled with my joy.

Yes, your joy will overflow! <sup>12</sup> This is my commandment: Love each other in the same way I have loved you.”

**Spiritual health happens when we:**

- Stay connected.
- Stay consistent.
- Stay committed.

### **1 John 2:3-4 (NLT)**

<sup>3</sup> And we can be sure that we know him if we obey his commandments. <sup>4</sup> If someone claims, “I know God,” but doesn’t obey God’s commandments, that person is a liar and is not living in the truth.

### **GROUPS QUESTIONS:**

1. What stood out to you most in this week’s message, and why?
2. Why is staying committed often more difficult than getting started in spiritual life?
3. Read John 15:4. What thoughts or feelings surface when you hear Jesus invite His followers to remain in Him?
4. What are some “false vines” people turn to for meaning, security, or growth instead of Jesus, and what makes them ultimately insufficient?
5. Read John 15:5. What do you think it looks like to live with the awareness that lasting fruit comes from connection, not self-effort?
6. How does the idea that consistency over time matters more than intensity in moments reshape how you view faithfulness in everyday life?

7. Read John 15:7. How do you think remaining in Jesus over time changes what we ask God for and how we pray?
8. Obedience was described as part of staying in Jesus' love. What makes trusting God's commands difficult when they do not seem to make sense?
9. Pastor Rocky said that pruning can feel like loss even when it is loving and purposeful. How have times of change, loss, or refinement shaped your faith or perspective on God?
10. Looking honestly at your life right now, what is one simple, consistent way you sense God inviting you to remain connected to Him in this season?