

**INTRO**

- What is something that is life-giving to you (hobby, place, relationship)?

**READ**

John 5:19-29

**REFLECT & RESPOND**

To *abide* means to remain in a place; to continue a certain state, condition or activity. In this series we look at what it means to abide in Jesus.

In this passage, Jesus establishes his authority and nature as God: equal to, but distinct in person and role. In doing so we also see that Jesus is the true source and giver of life, and invites us to receive and abide in that life.

**JESUS: SOURCE & GIVER OF LIFE**

God the Father has granted Jesus with authority and power over life and death (vv21-22, 26). And so, we have a decision to make about Jesus: will we acknowledge, honour and worship him as God, the source and giver of life?

*Qu: read v26. What does it mean for Jesus to have life in himself? What's the significance of this for our lives?*

**US: RECEIVING & ABIDING IN HIS LIFE**

“Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgement, but has passed from death to life.” — Jesus, v24

In light of who he is, Jesus then instructs us how to receive and abide in this kind of life.

- **HEAR the word of Jesus:** When we give attention to his Word, we allow the life-force of his Word to penetrate our hearts and transform us.

- **BELIEVE in Jesus:** Hearing becomes transformative when we trust not just what we hear but who we hear.

- **DO the works of Jesus:** good works function as the evidence, not the means, of true faith (v29).

“The idea of having faith in Jesus has come to be totally isolated from being his apprentice and learning how to do what he said.”

— Dallas Willard

**Hear. Believe. Do.**

All 3 feed off each other and are necessary to abide in the life Jesus has for us.

*Qu: Take a moment to reflect on hear-believe-do in your own life. In what way/s can you grow in this in 2022?*

**RESPOND & PRAY**

- Pray for each one to go deeper in the life Christ offers us.
- During this time of fasting, ask God to speak to each one through this week.