

## Setting Yourself Up To Thrive – Week 1

<sup>10</sup> *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

*John 10.10 NIV*

1. Andrew started by talking about how God wants us to thrive – for our lives to flourish and grow as He designed them to. Is this a familiar concept to you? As you look at how you relate to God, do you believe that He wants you to thrive?
2. We are designed to thrive when we are *in* God – delighting in Him, enjoying being with Him and sharing life with Him. Do you find it easy to just be with God? Do you trust that in being *in* Him, that He will bear good fruit in you? (Read John 15 1-4)
3. We are designed to thrive first and foremost internally – in our characters. Read Galatians 5.22-23 and 1 Corinthians 13.4-8 and reflect on how all of these characteristics are primarily internal. What stands to you out from these scriptures?
4. Every pattern/rhythm of discipleship we put into our lives take time. How easy do you find it to carve out time to be with, and delight in, God? How could you prioritise this and what steps do you feel the Spirit may be leading you to take here?
5. Having space in our weeks to just be with God (as well as bible reading and prayer times) allows us to hear more of God's voice. How do you think giving Him more time would affect your ability to hear Him and why?

### **Galatians 5.22-23**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

### **1 Corinthians 13.4-8**

<sup>4</sup> Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup> Love does not delight in evil but rejoices with the truth. <sup>7</sup> It always protects, always trusts, always hopes, always perseveres.

<sup>8</sup> Love never fails.

### **John 15. 1-4**

“I am the true vine, and my Father is the gardener. <sup>2</sup> He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. <sup>3</sup> You are already clean because of the word I have spoken to you. <sup>4</sup> Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.