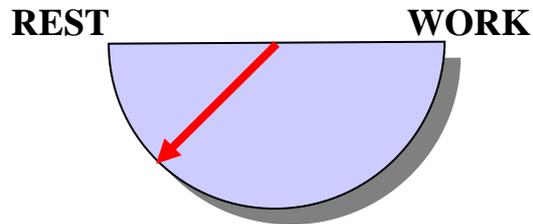


Life Shapes Course
Week 3 – The Semi-Circle



The Rhythm Of Life

Key Principle: Working from rest, not resting from work.

Key Scripture: John 15.1-8

1. What do you think about the way Jesus managed his life?
 - i. Do you recognise the pattern of work and rest illustrated by the swinging pendulum?
 - ii. Do you recognise this pattern in your own life? Or is it more “just keep going” or “flat out, then burn out!”?

2. How are you currently managing the demands you face in your life?
 - i. How do you “rest best”? (ie. what do you enjoy most that makes you feel refreshed?)
 - ii. How much time do you spend planning during times of rest?
 - iii. How much time do you spend ‘working’ (not just at work!)?
 - iv. How might you change things to live more like Jesus? When are you planning your next period of “abiding”?

3. The rhythm of fruitfulness is ... Abide -> Grow -> Fruit -> Prune -> Abide.
 - i. Read John 15.1-8
 - ii. What stage are you currently at in this cycle?
 - iii. How effectively have you been going through this process?
 - iv. What could you do in order to produce *more* fruit?

Think about what you are going to do between now and the next session. Come prepared next time to share your learning with others.

John 15:1-8 (New King James Version)

The True Vine

1 "I am the true vine, and My Father is the gardener. **2** Every branch in Me that does not bear fruit He takes away; and every *branch* that bears fruit He prunes, that it may bear more fruit.

3 You are already clean because of the word which I have spoken to you.

4 Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.

5 "I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. **6** If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw *them* into the fire, and they are burned.

7 If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. **8** By this My Father is glorified, that you bear much fruit; so you will be My disciples.