

## **Are You Connected?**

### **Ready:**

“Remain in me, and I in you. Just as a branch is unable to produce fruit by itself unless it remains on the vine, neither can you unless you remain in me. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.” – John 15:4-5

### **Set**

The saying, “If you want to go fast, go alone; if you want to go far, go together,” was always written on the whiteboard during our workouts. Our coach was trying to remind us that we were better together, and some days might seem slow, but in the end, we would achieve so much more together than we ever would on our own.

Jesus is giving us that same directive in [John 15](#). Without being connected to Him, like a vine to a branch, we will not produce much fruit in this life. What is the fruit He is talking about? In [Galatians 5](#), we are given the Fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness and self-control. Jesus tells us that these are impossible for us to achieve without Him.

If we choose to abide in Him, walk with Him daily and have a relationship with Him, we will start to see an abundance of these Fruits pour out of our lives into the lives of the people around us. How great would it be to be known for having an abundance of love or an overflow of joy and patience in your life?

The beautiful thing is that when people see an abundance of “Fruits,” they see Jesus. They notice the best parts of Jesus in you and experience His love through you. I don’t know what your goals in life are. Some of your goals may be trying to achieve something for your glory. I challenge you to have the goal that when people see you, they see Jesus because Jesus is actively living and working in you.

### **Go**

- Which Fruit of the Spirit do you feel called to seek more of in Christ?
- What does it look like this week to abide more in Christ?

### **Workout**

[Romans 8:9-10](#)

[Galatians 2:20](#)

### **Overtime**

“Lord, what an honor to be a vessel for your love. Help us to remember that apart from You, we can achieve nothing, but in You, we can share Your light through the Spirit overflowing from within us. Amen.”



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