

This week's teaching is slightly different than usual. Bruxy takes us through a meditative practice while looking at Scripture. Do what you can to eliminate distractions. If you aren't already doing so, this may be a good week to challenge students to set aside their phones during small group time.

HANGOUT

1. Discuss:
 - What's the most interesting thing to happen to you so far this week?
 - Have you learned or experienced anything new through this series on meditation? If so, what?
 - Have you been practising your daily meditation? If not, why not? If so, how is it going?
 - How do you best connect to God? (Use the list below to help.)

| ELEMENT | EXPERIENCE | ACTION |
|------------------------|--------------------|-----------------------|
| Intellectual | Education | Think |
| Volitional | Decision | Choose |
| Experiential/Emotional | Intimacy/Mysticism | Be |
| Relational | Interaction | Love |
| Missional | Embody | Serve/Proclaim/Invite |

HEAR

2. Look up John 15:1-17. Slowly read the passage multiple times using different translations.
3. Discuss:
 - Which phrase, word, or idea stands out to you the most? What might God be saying to you through it?
 - If Jesus is the vine and we're the branches and the Father is the Gardener, where is the Holy Spirit in this metaphor?
 - Who or what do you think are the fruitless branches, which are cut off and thrown into the fire? A) Non-believers? B) People going through the motions of Christianity without any real connection to Christ? C) Religious systems that appear godly but lack substance? D) Other?
 - Jesus says his word/teaching is what will cleanse/prune his true disciples (also see John 8:31-32). He says obeying his commands is how we remain in his love. How familiar are you with Jesus' commands, teachings, and message? What has helped you grow in this area? Which steps might you take to grow more?
 - What do you think it's like to experience having our joy complete AND having the actual joy of Jesus within us? Be specific and use examples.
 - What does "laying down one's life for one's friends" look like in your life? Talk about some practical ways we can integrate this command into our lives.

HUDDLE

4. Discuss: How has your daily meditation practice helped you live out verse 17? (At home? At school? Online? With your friends?) If you haven't done it yet, how could it help you?
5. Pray for one another.
6. Challenge the group to meditate for a set amount of time each day this week. Invite the students simply to "sit with Jesus" before they begin their day.