

Abiding 101

Read the Preface and Chapters 1-7 of “Abide in Christ” this week

Listen to it free online: <https://librivox.org/abide-in-christ-by-andrew-murray/>

Read it free online: https://archive.org/details/abideinchristtho00murr_0/mode/2up

Practice: Holy Grail of Grapes

This practice is best planned ahead. Pick a morning and set the stage for meditation on John 15:1-12 using physical grapes as a tool to bring all your senses into the meditation.

- 1) Locate a produce store that sells the freshest and best produce you can get. Take a trip there and buy yourself the best cluster of grapes (or other fruit if you cannot eat grapes) that you can find.
- 2) The night before your motivation, leave yourself no room for excuses. Set out your Bible, a candle and lighter, and any other element that helps you enter the presence of God consciously (worship music, artistic expressions of vines/grapes/Jesus, etc). Make sure to choose a place that is comfortable and free from distractions. Have a sheet of paper or journal nearby so that you can write down stray thoughts and release them if you have a difficult time focusing. Set out slippers/robe/blanket or whatever else you might need to avoid excuses of getting out of bed for this practice in the morning. Finally, pluck a cluster of the grapes you purchased off of the bunch, wash them and place them in a chalice or bowl in the location you plan to use for this meditation.
- 3) On the morning you have planned for this meditation, sit for a minute and imagine yourself in a vineyard. Imagine the leaves, sun, wind smell. This is the setting of Jesus' words in John 15. He speaks of the Christian life as a vineyard.
- 4) Read John 15:1-12 slowly to yourself. If you feel comfortable doing it, I find reading aloud by myself helpful in meditation.
- 5) Pray and ask the Holy Spirit to give you insight into these words from Jesus.
- 6) Take our chalice of grapes/fruit and enjoy them. Use all your senses. Smell the grapes, feel the grapes, look at their color and beauty and then taste them.
- 7) What do you notice as you enjoy the fruit of the vine? How does the experience of this fruit give you insight into Jesus' words in John 15?
- 8) Sit and meditate for a while on John 15 while eating the fruit. Allow for quietness in your heart. As the Lord directs your thoughts, feel free to use a paper or journal to write them down. You can have a conversation with God this way. Write God directed thoughts down, while writing your responses to God's thoughts for you.
- 9) End your time sitting in stillness before God, open to receive whatever God has for you and then praying the Lord's prayer.