

Roots to Fruits: Stay Healthy

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HOW TO STAY HEALTHY:

1. TO BE HEALTHY WE NEED CARE

John 15:1-2 (TPT) “I am a true sprouting vine, and the farmer who tends the vine is my Father. He cares for the branches connected to me by lifting and propping up the fruitless branches and pruning every fruitful branch to yield a greater harvest.”

- 1.1.** If you are engrafted into Jesus you are taken care of by the Father.
- 1.2.** Help and care translates to love and intimacy. It is important to know the greatest fruit bearing happens when we are loved.

2. INTIMACY AND ONE-NESS LEADS TO FRUITFULNESS

John 15:3-6 (TPT) “The words I have spoken over you have already cleansed (other meaning pruned you) you. So you must remain in life-union (grafted in) with me, for I remain in life-union with you. For as a branch severed from the vine will not bear fruit, so your life will be fruitless unless you live your life intimately joined to mine.” “I am the sprouting vine and you’re my branches. As you live in union with me as your source, fruitfulness will stream from within you—but when you live separated from me you are powerless. If a person is separated from me, he is discarded; such branches are gathered up and thrown into the fire to be burned.”

- 2.1.** Christianity is not just a religion and it is not a moral code we follow to gain access to eternal life. We are not a bunch of slaves bowing before Almighty God. Christianity is a love story, it is a union with Christ.

3. WE ARE FUELED FOR HEALTH BY HIS WORDS

John 15:7-8 (TPT) “But if you live in life-union with me and if my words live powerfully within you—then you can ask whatever you desire and it will be done. When your lives bear abundant fruit, you demonstrate that you are my mature disciples who glorify my Father!”

- 3.1.** When life union with Christ is established, His words will live powerfully in us.
- 3.2.** The bible is our life line. It fill and shape us to understand who we are joined to and who we were intended to be. The more we study and obey it – the more mature we become and the more fruit we bear.

4. HIS LOVE IS OUR NOURISHMENT

John 15:9-11 (TPT) “I love each of you with the same love that the Father loves me. You must continually let my love nourish your hearts. If you keep my commands, you will live in my love, just as I have kept my Father’s commands, for I continually live nourished and empowered by his love. My purpose for telling you these things is so that the joy that I experience will fill your hearts with overflowing gladness!”

- 4.1.** If we allow ourselves to be loved, we will be nourished and empowered by God’s love.

5. YOUR FRUIT IS FOR NOURISHMENT

John 15:12-17 (TPT) “So this is my command: Love each other deeply, as much as I have loved you. For the greatest love of all is a love that sacrifices all. And this great love is demonstrated when a person sacrifices his life for his friends.” “You show that you are my intimate friends (“those cared for from the womb.”) when you obey all that I command you. I have never called you ‘servants,’ because a master doesn’t confide in his servants, and servants don’t always understand what the master is doing. But I call you my most intimate friends, for I reveal to you everything that I’ve heard from my Father. You didn’t choose me, but I’ve chosen and commissioned you to go into the world to bear fruit. And your fruit will last, because whatever you ask of my Father, for my sake, he will give it to you! So this is my parting command: Love one another deeply!”

- 5.1.** It is time for us to infuse the world around us with God’s love and the fruit we bear because of it

Sermon Discussion Guide

OPEN YOUR GROUP WITH A PRAYER. THIS IS ONLY A GUIDE – SELECT THE POINTS YOU WANT TO DISCUSS.

1. Does it feel like God is taking care of you? Do you think that God is currently busy “lifting and propping you up” or is He busy “pruning” you?
2. Does your heart feel nourished with God’s love? Do you think that your fruit (actions/decisions) will look different if you allow God to nourish you with His love?
3. Are you nourishing other people with the fruit you are bearing because of God’s love or are you keeping the fruit for yourself?