

TRUTH #11: “ABIDING WILL SUSTAIN ME”

Candace Cole

John 15:4-5 “Abide in Me, and I in you. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

Abide: remain/dwell; continue in a particular condition, unbroken connection, long term bond.

Abiding is not visiting God—it’s LIVING with Him.

What Abiding Really Means

A. It’s a RELATIONSHIP, Not a Moment

- 1 John 2:6-“Whoever claims to live in Him must walk as Jesus did.”
- Think of an INTIMATE relationship you have. It grew into a deep BOND.
- This is not your church ATTENDANCE. It is your own personal relationship with the Lord. No one else can grow this relationship.
- Its a DAILY lifestyle, not a once a week encounter.
- Persistence: Relationships take work and ENDURING hard things. Being committed intentionally.

B. What Abiding REQUIRES

- TRUST - Proverbs 3:5-6-“Trust in the Lord with all your heart...”
 - You don’t stay where you don’t trust
- TIME - Psalm 1:2-3 “Meditates on His law day and night... like a tree planted...”
 - Relationships don’t grow without time
- Dying to SELF - Luke 9:23 “Deny yourself, take up your cross daily...”
 - Less control, more SURRENDER...you no longer strive
 - “You cannot stay connected and stay in control at the same time.”
- Active COMMITMENT
 - This isn’t an obligation—it’s a desire.
 - Abiding isn’t convenient—it’s intentional.

C. What HAPPENS When You Abide

- You are GUIDED
 - Psalm 32:8 “I will instruct you and teach you in the way you should go, I will counsel you with my loving eye on you”
 - Not confusion, but direction; God LEADS, not just speaks
- You experience His PRESENCE
 - James 4:8 “Come near to God and he will come near to you.”

- Not just knowing about God—you feel Him near
- FRUITFULNESS Shows Up - You will bear fruit that is seen and felt.
 - John 15:5, Galatians 5:22-23
 - Fruit is EVIDENCE of connection, not effort or striving
- Your Prayers ALIGN (John 15:7)
 - You stop asking out of survival... and start asking from alignment.
 - Your focus changes to the Father's HEART, what burdens Him.
- DEEPENED Relationship → Transformation
 - 2 Corinthians 3:18 "...with unveiled faces contemplate the Lord's glory, are being transformed into his image..." The unveiling of the Bride to the Groom.
 - Abiding doesn't just change your actions—it changes your identity.

D. How to Abide

- Remain in the WORD-John 15:7
 - Not checking a box
 - Letting the Word live in you; The Word keeps you anchored
- CONSTANT Communication (Prayer)-1 Thessalonians 5:17
 - Not just prayer time → ongoing conversation (Full conversations)
 - We are His bride—intimacy language fits here
- OBEDIENCE-John 14:15
 - Abiding isn't just hearing—it's doing
 - Obedience keeps the connection open; Disobedience disrupts intimacy.
- Abide in LOVE - John 15:9
 - Matthew 22:37-39 ... Love God ... Love yourself ... Love your neighbor
 - You can't pour out love if you're not rooted in love.

E. Why Do We Struggle to Abide

- STRIVING Instead of Remaining-Ephesians 2:8-9
 - We try to EARN instead of remain.
 - Operating from: Trauma; Survival mode; Performance mindset; Religion/Legalism
 - Striving is a sign you forgot you're already connected.

You no longer have to strive; you are already attached, connected, and rooted. Col 2:6-7

Ask yourself these 3 simple questions:

- "Where have you been visiting God instead of abiding?"
- "What's been pulling you out of connection?"
- "Are you striving... or staying?"

Abiding is not about perfection—it's about staying connected