

# Growing Spiritual Oneness

## *Surrendering to God Together*

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***But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...***

GALATIANS 5:22-23 (ESV)

### Discuss Together

How might more fruit [see the verses above] in your life strengthen your marriage?

***I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.***

JOHN 15:5 (NIV)

The vine, \_\_\_\_\_, supports the branches, \_\_\_\_\_, that produce fruit.

If we're connected to Jesus, He's the one who does the real work and produces fruit in our lives.... It's not about trying harder. It's about staying connected to Jesus.

### **How Can We Stay Connected to Jesus?**

Staying connected to Jesus starts with beginning a relationship with Him and continuing to grow closer in that relationship.

We say \_\_\_\_\_ to God through accepting His love and \_\_\_\_\_, which is provided by \_\_\_\_\_. In other words, we commit to a \_\_\_\_\_ with Him and He connects us to Himself by giving us His \_\_\_\_\_.

As we grow in that relationship and \_\_\_\_\_ to Him, He produces fruit in our lives.

## Spiritual Breathing (a way to surrender to God)

Spiritual Breathing Has Two Parts:

First — **Breathe Out**: confessing my wrongs and admitting the good things I've failed to do. God promises to forgive us: *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* 1 John 1:9 (NIV)

Second — **Breathe In**: surrendering to God in every area of my life and asking Him to fill me with His Spirit and to empower me and change me.

### Discuss Together

Are you connected to Jesus? If so, how did that happen? If not, what's in the way? What area of your life is the most difficult to surrender to God?

### A Simple Prayer of Surrender

*Dear Father, I need you. I now invite Christ to direct and to empower each area of my life. Thank you that your Spirit lives in me and that your Spirit will produce qualities in my life that will allow me to love others and transform my relationship with my partner and every other relationship in my life. In the name of Jesus, I thank you for hearing my prayer. Amen.*

### This Week

- Be intentional about reading the Bible and praying. Set a time to do the next two sessions in this series, which will help you learn how to do these spiritual practices together.
- Be intentional about practicing Spiritual Breathing throughout your day.