



Christ in You: Alive & Free

Supplemental resources for discussion groups

Chapter 4: Abide

Process

What distractions in your life keep you from focusing on the reality that Christ is your permanent spiritual home?

The distractions in our lives aren't always negative things that are captivating our thoughts. Often it can be very good things that consume our thoughts, but they move into a place in our minds that take primary devotion/attention.

Christ is our Life and our Source of Life. In Colossians 3:1-4, we're encouraged to set our hearts and minds on Christ. We're not ignoring what's going on around us, but we aren't controlled by our circumstances. We belong with Christ, in Christ, and that is truly where we are right now.

How does the idea that you are always at home with Christ affect you?

The hope for all who are going through this study is that they realize their Life is in Christ. Knowing that we are "at home with Christ" is stabilizing, comforting, and constant. He isn't going-in-and-going-out with us, he isn't with us as long as we don't sin and then removing himself from us when we do sin.

He's always abiding in us. We are in union with him in our spirit, and he is always living in us. That is the stable, consistent, and persistent truth. Not only is he at home in us, we are at home in him. It's where we truly belong. That is a paradigm shift from how most of us have understood who we are and what the Christian life is like.

What does it look like for you, right now, to rest in Christ?

Everyone is at a different place in their lives, and rest can look different for people in different seasons of life. Rest does not have to mean a break from activity; we're talking about soulful rest, not merely physical rest.

Reflect

What distractions keep you from focusing on his love?

The options are endless here. Oftentimes, some of the biggest distractions that keep us from knowing we are truly loved by God are the failures we've experienced, wounds from loved ones, and/or fear of the future that is before us.

What other sources do you turn to in an attempt to cope with the difficulties of life?

This could be destructive habits, or relationships, or work that we pour ourselves into. It might be helpful to refer to Appendix 2 (pg. 67) as helpful identifiers of flesh patterns, as the flesh includes how we try to cope apart from Christ.

In what areas of your life do you avoid resting in the truth that Christ is enough?

We often recognize the hardest times resting in Christ when our circumstances aren't changing. We are putting our hope in Christ, not in changed circumstances, but it's very difficult to rest in him when the storm continues to swirl. It is what we're invited into, but it is difficult. Job experienced this. Peter (when he walked on water) experienced this. Though the difficulties continue, though the storm may increase, we can rest in him because he's better than better circumstances, stronger than any storm, and more faithful than anything and anyone else.