

VINE

V

VERSE

I

IMMERSE

N

NOW

E

ENGAGE

WHAT IS A VINE JOURNAL?

The inspiration for Vine Journaling comes from an ancient practice called “Lectio Divina”. This Latin term simply means, *divine reading*, or in other words, a way of becoming immersed in the Scriptures very personally. With the vision of Life Church in mind, which is to help people know and follow Jesus step by step, the leadership of LCB believes this established and ancient practice will be of deep value in helping our Church family to know Jesus intimately and have found great benefit and enjoyment from this tool in approaching God’s word.

This Vine Journal is a tool for deepening your relationship with God. It is made up of four movements that aim to assist and facilitate your time spent with God. Throughout this time of reflection and communion with God, remember that we are loved by a God who longs to meet with us. His character is one of grace and truth as He desires for us to be formed in the image of His son Jesus, who willingly gave of Himself fully so that we could commune with Him eternally. In this regard we truly do “love Him because He first loved us.” (1 John 4:19 NIV)

THE FOUR MOVEMENTS

Verse

“Man, does not live by bread alone but by every word that comes from the mouth of God.” (Matt 4:4 NIV) How do we as Jesus followers, made in the image of God, who is both body and Spirit, live healthy integrated lives? After all, Jesus did promise us that He came to give us life to the full! In the same way that it is important to nourish our physical bodies it is also important to nourish our spirits. We do this by consuming the word of God.

In this first movement of VINE journaling, we ask that you focus on the chosen passage, sit with God’s word - not moving quickly past it, contemplate it, and enjoy the sweetness of His words like honey on your lips (Psalm 119:103). We believe that our hearts are formed by what we give our attention to. So give your attention to the scripture! You can do this by reading the passage slowly, reading it again, pausing often to linger on meaningful words and phrases. Allow God’s word to sink into your heart and take root into the soil of your soul.

Immerse

Focus on depth over breadth. In this second movement of VINE journaling we want to immerse ourselves into the scripture. This might involve closing our eyes and using your imagination in a holy way to picture what it would be like to be present at the time when the scriptural account took place. Awaken your senses...what must it have smelled like to be in the room with Mary breaks her perfume at Jesus’ feet, how tired must the disciples have felt after walking all day, try to picture yourself in the story. During this imaginative prayer exploration we’d like to also encourage you to read the passage in varying translations, reference a commentary, or participate in a word study (meaning, look up the Greek and or Hebrew words and meanings of the word or phrase that stands out to you). It is in this pursuit of God that we deepen our relationship with Him. It is also in this practice where we experience the work of the Holy Spirit to renew our minds by “the washing of the word” (Ephesians 5:26).

Now

In the third movement we experience the beauty of a relational God. He wants us to not just know about Him, He desires us to truly know Him. During the “Now” movement, we ask the Holy Spirit, “Now what?” Is there application of the passage you have read for your own life? What is the Lord teaching you directly through His word and the insights you have received about Him, the Kingdom, and how to live? How is it moving from perception to practice, by calling you to love God, yourself, others, and the world more holistically? Listen with open ears and an open heart to what the Lord has to say. Write down what you hear and sense. Oftentimes writing thoughts down helps them to take shape and helps us to connect with them.

Engage

In this final movement, focus on Him and thank Him for His living word that you have received in this time of prayer and reflection. Perhaps you feel like putting on worship music or continue to process through journaling. Allow yourself the freedom to engage with the Lord in the way He wants you to engage with Him! Finally, archive this time with the Lord in a place where you can easily and frequently reflect on it during the day and in the future. Summarize what you feel the Lord has revealed to you and taught you. This will help cement this encounter into your heart and memory to build your faith in every season!



WEEK 13

The Way of The Spirit vs. The Way of The Flesh

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

Galatians 5:16-26

CONTEXT

Galatians was written to the churches in the region of Galatia (modern-day Turkey) to address a significant crisis in those early Christian communities. The Galatians were being influenced by Judaizers: people who taught that Gentile Christians must adhere to Jewish customs, particularly circumcision, to be fully part of the people of God. Paul's writing in the book of Galatians countered this teaching, arguing that justification (being declared righteous before God) comes not by works of the Law but through faith in Christ alone; that through Christ, we have the power to choose to be led by the Spirit into godliness.

Choice is a beautiful and intrinsic part of what it means to be human. Regardless of theological convictions and positions on the role God plays in decision-making, our felt reality is of individual, conscious, and uninhibited choices. Within our choices lies the ability to align ourselves with only one of two frameworks, "the fruit of the Spirit" or "the acts of the flesh", as Paul put them in the fifth chapter.

Though justification and salvation are found in Christ alone, sanctification (our gradual, growing righteousness) is a process requiring a daily choice of intentional adherence to the way of Jesus. This is demonstrated through what this chapter calls the "fruit of the Spirit." Paul makes it clear that we cannot live by both frameworks as one will inevitably overshadow and overtake the other. Every day, we have the choice to progress in the sanctifying process of Christ-likeness by embodying the fruits of the Spirit, or allowing our flesh to rule our lives and actions. There is no middle ground for those who call Christ their Lord.

Our sinful nature is prone to desire its own way, yet through no merit of our own we are given a path forward into fullness of life, where our desires ultimately find their fulfillment. Christ is not at war with our desires. Rather, He knows that the outcome we so desperately long for with our misguided desires can only be ultimately met in Him, and in the life He has for us. His love draws us into obedience, and this obedience builds a resilience in us against the desires of our flesh, while also shaping our hearts to desire what the Lord wants and act in the way He has called us to.

As you go through this week's devotion, we pray that you will gain a new revelation about the fruit of the Spirit and how beautiful life can be when you choose to allow that fruit to grow in you. We pray that the grace of God will take deeper root in your heart as you meditate on the fact that your justification is not based on your ability or your good works, and that this will set you on a newfound path of obedience to the way of Jesus.

Day 01

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Galatians 5:16

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

ENGAGE (Pray, ponder and become a practitioner of God's word.)

Day 02

¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever^[a] you want. ¹⁸ But if you are led by the Spirit, you are not under the law.

Galatians 5:17-18

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

ENGAGE (Pray, ponder and become a practitioner of God's word.)

Day 03

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Galatians 5:19-23

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

ENGAGE (Pray, ponder and become a practitioner of God's word.)

Day 04

²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Galatians 5:24

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

ENGAGE (Pray, ponder and become a practitioner of God's word.)

Day 05

²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

Galatians 5:25-26

VERSE (Write out the passage.)

IMMERSE (Reflect on the passage.)

NOW (What is the application from the passage?)

ENGAGE (Pray, ponder and become a practitioner of God's word.)
