

FOCUS: Our **40 Days of Decrease** is the pursuit of a different kind of fast creating a different kind of hunger. It is a call to fast things like *regret, pride, resentment*, and more so that we increase our pursuit of God and His Kingdom. This week, we focus on learning about how remaining and decreasing work together to benefit us.

1. Based on the fasting challenges from Days 11-16, which have been most challenging or enjoyable? How has it drawn you closer to God or felt like a project?
2. As you read John 15:1-11, identify the promises Jesus declared that you will receive if you remain connected to Him. Which one motivates you the most and why?
3. What similarities do you find in David's words in Psalm 16 compared to Jesus' words in John 15? What are the decreases and increases that stand out to you?
4. If remaining in Christ involves believing that He loves you deeply and has what is best for you, following the leadings of the Spirit, and endlessly refocusing your attention on Him, how do you see these as acts of decrease? Which one is most challenging to you?
5. This week, how will you more intentionally try to remain? What spiritual discipline (i.e., devotional, prayer, reminder, word, phrase, color, etc.) will help you to recenter when you are out of the God Zone?

CALL TO ACTION

- a. Use this prayer to help you remain: May You, Lord, become greater and I become less.
- b. Complete fast challenges from **40 Day of Decrease** (Days 17-22) to draw closer to God.

NEW MESSAGE NOTES (1 page only) with Beyond Sunday on the other side.

Series Header: 40 Days of Decrease

Title: Decrease results in increase

Verse: If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5

Big Idea: I must decrease in order to remain. If I remain there will be increase.

1. Why **REMAIN** in Christ?
2. What does it mean to **REMAIN** in Christ?
3. How do you **REMAIN** in Christ?
4. What if you **REMAIN** in Christ?

“For the health of our souls, we must resist checking out when it looks like God just died. He is still present and we must work to remain present too.” **40 Day of Decrease** Alicia Britt Chole

