SELAH

Stay Where the Water Is

Fruit Full · Week 8 · October 26–30, 2026

MONDAY

TENDED BY THE FATHER

TUESDAY

HELD IN THE VINE

WEDNESDAY

LOVED LIKE THE SON

THURSDAY

CALLED FRIENDS

FRIDAY

CHOSEN TO BEAR FRUIT

Each day walks through John 15, the chapter Jesus spoke on the night before he died. Set aside fifteen quiet minutes. You'll be asked to write a few things down; a notebook or the notes app on your phone both work.

NW Hills
CHRISTIAN CHURCH

MONDAY

SELAH

TENDED BY THE FATHER.

(Write your answers down)

STOP

It's Monday, and the week has already started making demands. The inbox, the to-do list, the phone buzzing in your pocket. None of it is going anywhere in the next few minutes. Yesterday we finished eight weeks on the fruit of the Spirit. This week, each morning, we'll sit in the chapter Jesus spoke on the night before he died. It's okay to stop. Rest in the presence of Jesus.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Before you read anything, pay attention to your breathing. You didn't decide to start breathing this morning. It was already happening, the way a vine keeps sending life into its branches whether they notice or not. Slow it down, and notice it now. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "Father, tend this branch..."

As you exhale, pray, "...make me clean by your word."

LOOK

On the night he was arrested, Jesus had only a few hours left with his friends. These are some of the words he chose to spend them on. Read through them slowly two times before you move on.

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you.”

John 15:1–3 NIV

ASK

The Father is the gardener, and he is paying attention to you. Jesus says you are already clean because of the word he has spoken to you.

Some people have been told that their worst year was God pruning them. That isn’t what Jesus says here. In verse 3, the cleaning happens through his word. In John’s Greek, “prunes” and “clean” are built on the same root. If you’re in a hard season right now, you don’t have to believe God caused it in order to believe he can grow something in it.

- Jesus says the Father is “the gardener.” What changes when you remember that tending your life isn’t your job?
- “You are already clean.” Do you believe that about yourself? Why or why not?
- When has something Jesus said put its finger on something you’d rather not look at? What did it cut away?

Write a one-sentence prayer asking the Father to tend whatever in you needs his attention. Or, if it’s hard to believe you’re already clean, write a short prayer asking him to help you hear his word over every other voice.

HEAR

If you're used to running your mornings off a list, sitting in silence can feel like wasted time. It isn't. Most of us expect God to speak on our schedule and fill the space with our own words. Today, give him a minute without filling it. Pray, "Father, I'm listening. Speak to me." Then wait.

Whatever comes to mind, write it down.

TUESDAY

SELAH

HELD IN THE VINE.

(Write your answers down)

STOP

A full day has happened since this time yesterday. Maybe Monday went well. Maybe it went sideways. Either way, you've carried something into this moment. You can set it down for a few minutes. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Breathe in slowly. You don't have to work to receive air. You only have to stay where it is. That's all Jesus asks of a branch. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "You stay with me, Jesus..."

As you exhale, pray, "...I will stay with you."

LOOK

Notice how often Jesus repeats one word. When a teacher says something once, it's information. When he says it again and again, he wants you to carry it with you. Read through them slowly two times before you move on.

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. 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 15:4–5 NIV

ASK

Jesus doesn’t ask you to produce fruit. He asks you to remain, and he promises to remain in you.

Growth doesn’t come at the same speed in every season. Some seasons you can only see it looking back. But when the growth stops for a long time, it’s usually because something has come between the branch and the vine, and the branch has made peace with it. If that makes you anxious, hear this too: branches that have walked away from the vine don’t usually lie awake worrying about whether they’re still connected. If that worry keeps you up, it’s a sign of life.

- Where have you been straining to produce patience or kindness instead of staying connected to Jesus?
- “As I also remain in you.” What does it mean to you that Jesus is holding on too?
- Is something coming between you and the vine right now? What have you made peace with?
- Which practice keeps you most connected: Scripture, prayer, rest, or gathering with other believers?

Write a prayer naming one thing you need to bring back to Jesus. Or, if nothing comes to mind, write a prayer thanking him for staying with you.

HEAR

Most people go their whole lives without hearing God's voice out loud. That doesn't mean he isn't speaking. He often speaks through the words you just read, a person who comes to mind, or a nudge you can't shake. Pray, "Jesus, I'm staying right here. Speak to me."

Whatever comes to mind, write it down.

WEDNESDAY

SELAH

LOVED LIKE THE SON.

(Write your answers down)

STOP

You're halfway through the week. The middle of the week is when it's easiest to rush, because everything feels behind. Whatever is waiting can wait a few more minutes. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

As you breathe in slowly, think about home: the place where you don't have to perform. Love is meant to be like that. Let your breathing slow down to the pace of a place where you're welcome. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "Your love is my home..."

As you exhale, pray, "...here I will remain."

LOOK

Jesus has just told his friends to remain. Now he tells them where. These words were spoken by someone who knew exactly what the next day would cost him, and he spent his breath telling his friends they were loved. Read through them slowly two times before you move on.

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.”

John 15:9–11 NIV

ASK

Jesus loves you the same way the Father loves him. Then he invites you to make your home in that love.

Verse 10 can sound like a deal: keep the rules, and he’ll keep loving you. Read verse 9 again. Jesus loves you first, before a single command is mentioned. Obeying him isn’t how you earn his love. It’s how you stay at home in it. God isn’t keeping a sticker chart on you.

- “As the Father has loved me, so have I loved you.” Which part of that is hardest for you to believe?
- Like we saw yesterday, Jesus’ word is “remain.” What’s the difference between remaining in someone’s love and trying to earn it?
- Jesus says he told them this “so that my joy may be in you.” Where have you seen joy show up this year, even in a hard season?

Write a one-sentence prayer thanking Jesus that his love came first. Or, if you struggle to believe he loves you like that, write a short prayer asking him to give you a glimpse of it.

HEAR

Your mind will probably wander during the silence. Maybe it already has. That isn't failure. Notice where it went, and come back, as many times as you need to. Pray, "Here I am, Jesus. I'm listening."

Whatever comes to mind, write it down.

THURSDAY

SELAH

CALLED FRIENDS.

(Write your answers down)

STOP

You may be getting the hang of this by now. That's good. But a practice like this can also slide into a box you check on the way to something else. Be intentional today. Give these few minutes your full attention. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Friends don't need an agenda to sit together. Sometimes they just breathe the same air for a while. Sit with Jesus that way for a minute. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "You call me friend, not servant..."

As you exhale, pray, "...I don't have to keep score."

LOOK

These words were spoken around a table to people Jesus knew by name. Peter. John. Thomas. Philip. Read them as if your name were on the list. Read through them slowly two times before you move on.

“You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.”

John 15:14–15 NIV

ASK

Jesus doesn’t call you a servant. He calls you his friend, and he lets you in on what the Father is doing.

Verse 14 can sound like friendship with a catch: do what I say, or you’re out. But look at verse 15. A servant takes orders without knowing why. A friend knows what the master is doing and why it matters. Jesus isn’t telling you how to qualify for his friendship. He’s describing what his friends do. And tomorrow you’ll read what his command is.

- Do you relate to God more like a servant or a friend? What makes you say that?
- “Everything that I learned from my Father I have made known to you.” What has Jesus made known to you over these eight weeks?
- Where are you still keeping score with God, as if he were checking a chart?

Write a prayer talking to Jesus the way you’d talk to a close friend. Or, if that feels uncomfortable, write a short prayer asking him to help you trust that he means it.

HEAR

Some of us go quiet before God expecting a correction, as if he’s annoyed and waiting to tell us what we did wrong. Friends don’t talk to each other that way. He wants what’s best for you. Pray, “Jesus, my friend, I’m listening.”

Whatever comes to mind, write it down.

FRIDAY

SELAH

CHOSEN TO BEAR FRUIT.

(Write your answers down)

STOP

This is the last SELAH of the Fruit Full series. A lot has happened in eight weeks, and a lot has happened in this one. Before you look back, take a minute to look in. It's okay to stop.

- What's on your mind? Notice your thoughts. Is there a distraction that you need to set aside for a few minutes during this quiet time? Is there something specific you feel God is asking you to pay attention to?
- What's on your heart? What are you carrying into this space? A specific emotion, a person, a weight you didn't realize you were holding?
- Describe how you currently feel in just one word.

Write your answers down.

EXHALE

Every breath you take in, you also give back. Life comes in, and life goes out. Fruit works the same way. Breathe slowly, and notice the rhythm of receiving and giving. If you find it hard to focus, count slowly to four as you breathe in and slowly to six as you breathe out, letting the count steady your pace.

As you inhale, pray, "Jesus, you chose me first..."

As you exhale, pray, "...send me to bear lasting fruit."

LOOK

Jesus spoke these words to a handful of people around a table. Two thousand years later, the fruit he was talking about has reached you. Read through them slowly two times before you move on.

“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.”

John 15:16–17 NIV

ASK

You didn’t choose Jesus first. He chose you, and he sends you out to bear fruit that lasts.

“Whatever you ask in my name” isn’t a promise that you’ll get whatever you want. Look at what surrounds it: fruit that lasts, and loving each other. Asking in Jesus’ name means asking for what he cares about. If you’ve been praying a long time for something that hasn’t come, this verse is not a verdict on your faith.

- “You did not choose me, but I chose you.” How does it change the way you face this weekend to know you were chosen first?
- On Monday we read that the Father is the gardener. Looking back over this week, what has he been tending in you?
- Real fruit always ends up feeding somebody else. Who could your fruit feed this coming week?
- “Love each other.” Who in this church do you need to love on purpose?

Write a prayer asking Jesus to send you to one person this week, and name them if you can.

HEAR

The series is ending, but this practice doesn't have to. Keep coming back to John 15. Keep stopping. Nothing about the silence will feel less strange next week, and that's okay. Pray, "Jesus, you chose me. Send me where you want me." Then listen.

Whatever comes to mind, write it down.