



FAITHFUL SEASONS WITH GRACE

Abiding

A practical guide for staying near to God — wherever you are starting from

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."

JOHN 15:4 (ESV)

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What Abiding Means

For the woman just beginning, and the woman who has walked with God for years.

Jesus used a simple picture to explain something that can feel complicated. A vine and its branches. The branch does not make itself grow fruit. It stays connected to the vine, and the vine does the rest.

If you are newer to faith, here is the plain version: abiding means staying close to God on purpose, the way a branch stays attached to a plant. Not just believing facts about Him, but actually spending time with Him, listening to Him, depending on Him for what you cannot do yourself.

If you have walked with God for years, you already know the picture. The harder question for you might be whether you are still living attached, or whether you have started running on what you learned years ago instead of staying freshly connected now.

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."

JOHN 15:5 (ESV)

Either way, this guide is built the same for you. A few pages. A plan you can actually use, even if planning is not something that comes easily to you. Some honest questions. Some Scripture to hold onto. Nothing here requires you to already have it figured out.

One thing to remember as you read

You do not earn closeness with God by trying harder. You receive it by staying near. That is true on your first day of faith and your fortieth year of it.

Why Haven't I Been Abiding?

Not to shame you. To help you actually see what is in the way.

Most of us are not avoiding God on purpose. Something else is usually crowding Him out, and it helps to name it instead of just feeling vaguely guilty about it. Below are some of the most common reasons. See if one of these is honestly true for you right now.

- ☐ **I am exhausted.** There is no margin left in my day, and the idea of adding one more thing feels impossible.
- ☐ **I do not know where to start.** Open Bible time feels overwhelming because I do not have a plan.
- ☐ **I have tried before and not stuck with it.** Past failed attempts make me hesitant to try again.
- ☐ **I am distracted.** My mind wanders, my phone is close by, and quiet focus does not come easily to me.
- ☐ **I am avoiding something.** There is sin, or hurt, or a hard conversation with God I have been putting off.
- ☐ **I do not feel like it is working.** I have spent time with God before and not felt different, so motivation is hard to find.
- ☐ **Something else.** Write your own honest reason below.

BE HONEST HERE — NO ONE ELSE HAS TO SEE THIS

Which of these is true for you right now? What does that actually look like in your week?

Whatever you checked, here is something true for all of them: God is not waiting for you to fix the obstacle before you come to Him. Bring the obstacle with you. That is what abiding actually looks like for most of us, most days.

Your Weekly Abiding Plan

Small and specific works better than big and vague. Fill in only what you can realistically do.

You do not need a perfect plan. You need a true one. If fifteen minutes feels honest, write fifteen minutes. If you can only commit to three days this week, write three. A small plan you keep is worth more than a big plan you abandon by Wednesday.

WHAT	YOUR ANSWER
WHAT I WILL STUDY	
WHERE	
WHEN	
HOW LONG	
WHAT WILL REMIND ME	

This week, day by day

DAY	DID I SHOW UP?	ONE THING I NOTICED OR WANT TO REMEMBER
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

If you miss a day, do not start over on Monday. Just pick the next day back up. A missed day is not a failed week.

ONE MORE SUGGESTION

Consider sharing this plan with a friend, your husband, or a woman in your church. Tell her what you are studying and when. Ask her to check in with you partway through the week. Abiding was never meant to be done entirely alone, and a little accountability tends to outlast willpower.

What Pulls You Away, and What Holds You Steady

Seeing both sides clearly makes the way forward clearer too.

WHAT HELPS YOU STAY NEAR

- A set time, even an imperfect one
- A specific place you go to meet with God
- Honesty over performance
- Starting small and staying consistent
- Bringing your real distraction to God instead of hiding it

WHAT PULLS YOU AWAY

- Waiting for the perfect moment
- Comparing your walk to someone else's
- Believing you have to feel ready first
- Letting one missed day become a missed month
- Treating distraction as failure instead of normal

Scripture to guard your heart as you draw near

These are not verses to memorize and move past. Let them stand guard while you do the slower work of staying near to God.

"Keep your heart with all vigilance, for from it flow the springs of life."

PROVERBS 4:23 (ESV)

"Submit yourselves therefore to God. Resist the devil, and he will flee from you."

JAMES 4:7 (ESV)

"Do not be conformed to this world, but be transformed by the renewal of your mind."

ROMANS 12:2 (ESV)

"And do not grieve the Holy Spirit of God, by whom you were sealed."

EPHESIANS 4:30 (ESV)

One Small Step Forward

Abiding is the root. Here is what grows from it.

If you filled out even one box in this guide, you have already begun. Most of the Christian life is not made of dramatic moments. It is made of small, faithful returns, repeated over years, until one day you look back and see how far He has carried you.

What comes next, in the months ahead, grows out of what you have started here. Trust. Contentment. What it means to be truly satisfied in God rather than constantly reaching for what someone else has. The fear of the Lord that frees us from every other fear. None of these are separate from abiding. They are what abiding produces over time.

"Trust in the Lord with all your heart, and do not lean on your own understanding."

PROVERBS 3:5 (ESV)

I would love for you to walk through that next season with me. If you are not already on my email list, you can join below for new posts, encouragement, and more guides like this one.

BEFORE YOU GO

What is one truth or one small plan from this guide you want to actually carry into this week?

Grace and peace to you, in whatever season you are in.

— Keri