



A DEVOTIONAL HANDOUT

# *Ancient Paths*

REMAIN · ABIDE · BEAR FRUIT

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*“Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is,  
and walk in it, and you will find  
rest for your souls.”*

JEREMIAH 6:16

# The Ancient Paths

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**JEREMIAH 6:16**

*“Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’”*

Spiritual disciplines are **ancient paths** that lead us to encounter God’s presence, which builds our faith in Him.

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*Faith is not wishful thinking—  
it is confidence in God’s presence.*

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## REMAIN

**JOHN 15:5**

*“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.”*

## 01 *Remain in Me*

### DISCIPLINES KEEP YOU CONNECTED



To remain in Christ is to stay tethered to the Vine. The spiritual disciplines are the practical ways we stay connected to Him day by day.

Studying the Word

Prayer

Worship

Generosity

Serving

#### REFLECTION

*Which discipline feels strongest in my life right now?*

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*Which one is God inviting me to grow in?*

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## 02 *I in You*

### DISCIPLINES CREATE AWARENESS OF HIS PRESENCE



Jesus doesn't only say, "Remain in Me." He also says, "***and I in you.***" The relationship is mutual—we pursue Him, and He is already at work within us.



*Spiritual disciplines are how we pursue God externally, which leads to awareness of how the Holy Spirit is transforming us internally.*

The disciplines are not the transformation itself—they are the open door through which we notice what God is already doing.

#### REFLECTION

*Where have I recently sensed the Holy Spirit shaping me?*

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### 03 *You Will Bear Fruit*

#### DISCIPLINES PRODUCE A LIFE OF FAITH



Jesus promises: ***“You will bear much fruit.”*** Fruit is the natural overflow of a life that stays connected to the Vine.



*Strong faith isn’t about trying harder—it’s about staying connected to God.*

#### THE INVITATION OF JEREMIAH 6:16

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01

*Look*

02

*Observe*

03

*Walk*

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#### PSALM 16:11

*“You reveal the path of life to me; in Your presence is abundant joy; in Your right hand are eternal pleasures.”*

TAKE IT WITH YOU

# This Week



*Walk the ancient path. Stay connected to the Vine. Watch for the fruit.*

## ONE STEP FORWARD

*One discipline I will practice this week:*

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*When & where I'll do it:*

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*What I'm asking God for:*

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*In His presence is abundant joy.*

