

Week 5

RETURNING TO THE SOURCE TO WIN

John 15:5 (NLT)

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.”

INTRODUCTION:

In every competition, if you want to win, you must stay connected to your source. An athlete may have talent, discipline, and determination... but if he does not eat properly, if he does not rest, if he does not stay connected to what gives him strength, he will not be able to endure.

The same is true in our spiritual life. Many people want to move forward, improve, and succeed in life... but they are trying to do it on their own.

And Jesus was very clear: “Apart from me you can do nothing.” It is not that you cannot do something... it is that you cannot sustain it, do it well, or make it to the finish line. Because before you run... you need to reconnect with God.

1. RETURNING TO GOD IS THE FIRST STEP TO MOVING FORWARD.

God is still available to you. No matter how much time has passed or what you have been through, God has not moved away from you. There are people who stopped praying or stopped drawing near to God, yet deep inside they feel the desire to return.

God is not waiting for you to change before He receives you... He receives you so He can begin changing you. And even if you feel that you have wandered too far away or that you cannot come back anymore, “Don’t give up.” God is still available to you. Drawing near to God is a personal decision.

No one can seek God for you; it is a

decision that you must make. It is not about having time... it is about making room for what is important. Choose to set aside a few minutes in your day, even with a busy schedule, to talk with Him. You can draw near to God in the middle of your weariness. You do not need to have everything together before coming to God. Even in the middle of stress, doubts, or mistakes, you can come to Him. God is the place where your weariness finds rest.

2. CONNECTING WITH GOD GIVES YOU THE STRENGTH TO KEEP GOING.

God renews your strength. (Isaiah 40:31). There are moments when emotionally and mentally you feel like you cannot go on. Example: stress, family problems, or daily pressures that wear you down. But when you feel like you cannot continue, “Don’t give up” ... return to God, because in Him you will find new strength.

God gives you direction. In the middle of decisions and confusion, God brings clarity. Example: decisions regarding your family, work, or relationships when you do not know what to do. God not only listens to you; He also guides you step by step when you decide to seek Him.

God sustains you through the process. Life does not stop having problems, but you do not face them alone. Having a relationship with God does not mean everything will be easy, but it does mean that you will have peace, security, and companionship throughout the process.

3. WITH GOD YOU CAN RUN TO WIN.

(John 15:5 – “remain in me”)

Connected to God, you produce fruit. “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.” John 15:5 (NLT).

Real results in life come from being connected to God.

It is not just about effort or desire, but about living connected to the right source. When you stay close to God, your life begins to reflect peace, wisdom, and genuine transformation. Disconnected, you become exhausted more quickly. You may try to move forward on your own, but you will become tired faster. Example: trying to solve everything by yourself without emotional or spiritual rest.

Many people become frustrated not because they are incapable, but because they are trying to do life without God. With God, you run with purpose and stability. When you are connected to God, you do not simply move forward... you move forward in the right direction. Your life stops being confusing and begins to have meaning, focus, and stability, because you are not running aimlessly... you are running with purpose in order to win.

CONCLUSION

Many people want to move forward, but few stop long enough to reconnect with God. The strength, direction, and stability you need do not come from your own effort; they come from your relationship with Him. Because in this race, the winner is not the one who tries the hardest; the winner is the one who remains connected to the right source. It is not about running faster; it is about running connected to God. And if you have felt tired, disconnected, or far away... "Don't give up." Return to Him... because when you connect with God, you are preparing yourself to win.

SALVATION PRAYER: Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my Lord and personal Savior. Amen.

MEMORY VERSE: John 15:5 (NLT) "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

INTERACTIVE QUESTIONS:

1. In what areas of your life do you feel you have been trying to do everything on your own?
2. What things have taken the place of your relationship with God?
3. What can you begin doing this week to reconnect with Him?

GROUP ACTIVITY: "Reconnecting"

Remain silent for 3–5 minutes.

Reflect, pray, or simply talk with God in your own way.

At the end, share: How did you feel?

PRACTICAL APPLICATION FOR THE WEEK:

Set aside 15–30 minutes daily alone with God (without distractions).

Turn off or put away your cell phone during that time.

Talk to God sincerely (as if having a conversation).

Challenge: 5 consecutive days. (Afterward, you can gradually increase the time.)