



**Educate
+ Engage**



THE THREE- LEGGED STOOL



The Seat of the Stool -
Relationship with Jesus

OVERVIEW

Spiritual disciplines are not our ultimate destination; they're the pathway to get us to our goal—closeness with Jesus. In this final lesson, we're talking about the "seat" of the stool: what holds all the legs together. The seat represents our relationship with Jesus. Without it, nothing else matters. The disciplines support our faith, but the relationship is where we actually sit, live, rest, and grow.

A real relationship with Jesus isn't built on rules; it's built on presence, trust, and love. In a world obsessed with performance, Jesus invites us to abide.

SCRIPTURE PASSAGES

John 15:4–5 (NKJV)

Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.

Revelation 3:20 (NKJV)

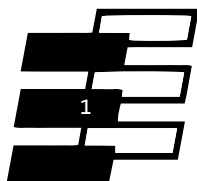
Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

Matthew 11:28–30 (NKJV)

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.

Psalms 27:4 (NKJV)

One thing I have desired of the Lord, That will I seek: That I may dwell in the house of the Lord All the days of my life, To behold the beauty of the Lord, And to inquire in His temple.



EDUCATE

Let's talk about truths that help us build and sustain a meaningful relationship with Jesus:

Point 1: Relationship is greater than routine.

Spiritual habits are good, but they aren't the end goal. You can do all the "right" things and still miss the heart of God. Jesus didn't die so you could have a to-do list. He died so you could know Him. Following Jesus isn't about perfection; it's about connection.

Think of it this way: your relationship with your best friend isn't just built on doing the same things every day; it's built on presence, laughter, shared moments, and trust. The same is true with Jesus. Your spiritual disciplines should draw you closer to Him, not just make you feel more "spiritual."

Point 2: Relationship requires consistency.

You can't build a relationship on random check-ins. Imagine if you only talked to your best friend once a month; you'd feel distant. Relationships grow through time, communication, and shared experience.

Abiding in Jesus means making Him part of your daily rhythm. That doesn't always look like an hour-long quiet time. Sometimes, it's just including Him in your day, whispering a prayer in the hallway, thanking Him in a moment of joy, asking for help when you feel overwhelmed. A real relationship is ongoing.

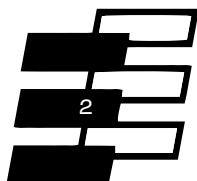
Jesus doesn't want to be a weekend tradition. He wants to walk with you every day.

Point 3: Relationship produces fruit and brings rest.

When you stay close to Jesus, your life changes. You start to reflect Him in your thoughts, your words, and your actions. John 15 tells us that if we abide in Him, we will bear much fruit. What kind of fruit? Love, peace, joy, patience, kindness—the stuff this world is starving for.

You don't bear fruit by trying harder; you bear fruit by staying connected. It's not about striving; it's about staying. That's why the seat matters. It's where you live from. And when you live from a relationship with Jesus, everything else finds its place.

Jesus doesn't just want to use you; He wants to know you. And in a world where everyone is busy, anxious, and chasing approval, Jesus offers rest. "Come to me," He says, "and I will give you rest."



The seat isn't a grind. It's a gift.
A place to belong.
A place to breathe.
A place to be fully known and fully loved.

CLOSING

Prayer, Bible reading, and fasting are powerful disciplines, but they aren't the goal. They're the legs that support something greater: a real, growing relationship with Jesus. That relationship is the seat of the stool—the part you actually rest in. Without it, the structure collapses.

Everything we do spiritually should flow from a desire to know Him, walk with Him, and love Him more. When the legs are strong and the seat is secure, your faith isn't just balanced; it's unshakable. You weren't made to just practice religion. You were made to walk in relationship. So take a seat, and stay close to the One who holds it all together.

ENGAGE

1. Have you ever gone through the motions spiritually without feeling close to Jesus?
2. What's one way your relationship with God has grown over the last year?
3. What does "abiding" look like in your daily life?

This week, spend five to ten minutes each day just being with Jesus—no agenda, no request list. Just talk to Him like a friend. Thank Him. Listen. Be still. Then write a one-sentence prayer or reflection about how you felt.

Also, write a goal for your spiritual life this year. Not just "read more" or "pray more" but something like: "I want to trust God more with my decisions," or "I want to walk in peace, not stress." Then ask God to help you build habits that support that goal.

