

# The Maintenance of Life – Intimacy With Jesus

A branch must stay connected to the vine to bear fruit.  
It is the same with you.

[John 15:4](#)



Food, water and sleep! These are the basics for maintaining physical life. What's required to maintain [connection to Jesus?](#) Step Eleven of *Alcoholics Anonymous* provides a clue:

*"Sought through prayer and meditation to improve our conscious contact with God ..."* (The Twelve Steps)

Remember [the Mentor of Life?](#) His purpose, using the Life Guidance System, is *"to improve our conscious contact with God via **prayer** and **meditation.**"*

Listening to the radio requires **TUNING**. The receiver is tuned to the specific frequency of the desired source. If one likes The Grand Ole Opry, one would tune to WSM 650 AM. To maintain connection to Jesus requires tuning of the heart and mind. This is accomplished primarily through

**prayer** and **meditation.**





In the Bible "**meditate**" is a rather humorous *picture word*. Literally it means: **a cow chewing its cud**. So, meditation is the act of chewing a portion of the Bible over and over until it becomes a part of us. "*Let the word of Jesus dwell in you, enriching your life and making you wise.*" ([Colossians 3:1](#))

Prayer is conversation. The radio works via wireless transmission. Guglielmo Marconi, inventor of wireless transmission, said: "*In prayer the human spirit can send **invisible waves to eternity**.*" No different than a cell phone!

Prayer is conversation! Jesus taught us how to begin: "**Our Father ...**" ([Matthew 6:9](#))

Praying is both **speaking** and **listening** to our Father. He knows us better than we know ourselves. "*You shaped me inside and out.*" ([Psalms 139:13-14](#)) So, no subject is "off limits"!

"Furthermore, prayer can take place anytime and anywhere. And yes, questions are encouraged! "*You must pray at all times as the Holy Spirit leads you to pray. Pray for the things that are needed. You must watch and keep on praying.*" ([Ephesians 6:18](#)) If it concerns you, it concerns Him!

Combining prayer with meditation is the preferred method of maintenance. For example, [The Manual](#) talks about the use of money. So, it's best to chew on its financial instruction while having a conversation with Father about your own finances.



Remember, “A *branch must stay connected to the vine to bear fruit.*”

