

INTERNATIONAL HOUSE OF
TRUTH AND FREEDOM
SMYRNA-VININGS, GA, USA
truthnfreedom.com



31st August, 2025

© IHTF

THE ESSENTIALS OF LIFE

2

Nothing Without Jesus

John 15:5 (ABCE)

5 I am the Vine; you are the branches. Whoever lives in Me and I in him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing.

Last week we were reminded, as believers, to emulate Jesus Christ. This a vital requirement and not just a casual request. Before we can do this it is important to know and understand who Jesus is. Jesus' nature and the life-sustaining qualities provide for our spiritual life and are similar to the essential things that every living being needs for existence in this physical nature. Jesus used these essential elements as metaphors to describe His nature: the very thing we are to emulate. But before we can emulate and become these essentials to others we have to acknowledge the source of these essentials to us. Jesus said without Him we can do nothing. This signifies that true spiritual fruitfulness and eternal significance come only through a vital, abiding connection with Him, who is the source of all spiritual life and power.

3

The Essentials

John 8:12 (Amplified Bible, Classic Edition - ABCE)

12 Once more Jesus addressed the crowd. He said, I am the Light of the world. He who follows Me will not be walking in the dark, but will have the Light which is Life.

John 3:8 (ABCE)

8 The wind blows (breathes) where it wills; and though you hear its sound, yet you neither know where it comes from nor where it is going. So it is with everyone who is born of the Spirit.

John 4:10-14 (ABCE)

10 Jesus answered her. If you had only known and had recognized God's gift and Who this is that is saying to you, Give Me a drink, you would have asked Him [instead] and He would have given you living water.

John 6:35 (ABCE)

35 Jesus replied, I am the Bread of Life. He who comes to Me will never be hungry, and he who believes in and cleaves to and trusts in and relies on Me will never thirst any more (at any time).

Jesus is our life-giving and life-sustaining source. He fully meets all our needs and perfectly satisfies our souls. We must constantly remind ourselves and others why without Him we are nothing. May we align ourselves with Him. He is the light of the world that guides people out of spiritual darkness and towards God's path of righteousness. He is the Breath of Life that energizes and gives spiritual life. He is the Living Water who quenches spiritual thirst and offers eternal, fulfilling life. As the Bread of Life, He is the ultimate source of spiritual nourishment and eternal life. The more we know who Jesus is, the more we can live like Him to glorify God.

4

Take Away

Jesus is our life-giving and life-sustaining source. He fully meets all our needs and perfectly satisfies our souls. May we constantly remind ourselves and others of the reason why we are nothing without Him and can do all things in Him. Amen!

5