



## Discussion Guide for The True Vine *Monday Messiah Week 5*

We live in a mechanized world. The buzz words of the day are 'productivity' and 'efficiency'. But we're not machines - we're organic, flesh and blood. Jesus calls us to be not productive, but fruitful. What's the difference? And how can learning to remain connected to the vine of Jesus help us avoid total burn out?

### Scriptures for Further Reading

[John 15:1-8](#)

[Psalm 22:25-31](#)

[Acts 8:26-40](#)

[1 John 4:7-21](#)

### Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [1 John 4:7-21](#).

### Questions for Discussion

1. Have you ever experienced burn out? What led to it? What was it like?
2. How does our culture treat us like machines? What changes if we treat ourselves like creatures instead?
3. Jesus said branches that don't remain connected to the vine are tossed into the fire. Why is this?
4. What does remaining connected to Jesus look like? How is it different from 'checking in' on Sundays?
5. How are you seeking to remain in Jesus this week?