



## Pruning for True Health



### BIG IDEA

Abiding in Jesus leads to true health.



### ICE BREAKER

1. What is something in your house, garage, closet or yard that could probably use some pruning, cleaning out, or organizing right now?
2. If someone asked your family or closest friends to describe your current pace of life in one word, what would they say?
3. On a scale of 1-10, how full does your schedule feel right now? Why?



### MAIN POINTS

This weekend Pastor DJ challenged us to consider whether our lives have become overgrown.

Using the picture of overgrown plants in his front yard, he reminded us that many of us are living the same way. Our schedules become packed. Our calendars become crowded. Our hearts become weighed down by hurt, anger, fear, addiction, bitterness, and distractions. Before long, we are simply moving from one thing to the next, feeling overwhelmed and exhausted.

"God does not want you to live a life of suffering because of overgrowth."

In John 15, Jesus describes Himself as the vine and God as the gardener. A good gardener prunes what is unhealthy so that healthy growth can occur. Pruning is not punishment. Pruning is preparation.

God desires to remove the things that prevent us from becoming who He created us to be. Sometimes He prunes hurts, fears, unhealthy habits, bitterness, or misplaced priorities. Other times, He invites us to examine our schedules, commitments, and distractions that leave little room for Him.

The goal of pruning is not simply having less to do. The goal is creating space to abide in Jesus.

We were reminded that abiding is more than reading a verse or checking a spiritual box. Abiding is remaining close to Jesus. It is spending time in His presence. It is enjoying relationship with Him the same way a child sits peacefully in the lap of a loving father.






### DISCUSS

1. What is currently competing for time and attention that belongs to Jesus?
2. Which quote challenged you more: "God does not want you to live a life of suffering because of overgrowth." "Your family may have your paycheck, but they only have a fraction of your heart."
3. Why do you think healthy fruit only grows when we stay connected to the Vine?
4. What practical step can you take this week to create more space to abide with Jesus?



- Jesus First - Am I spending enough time with Jesus?

 <b>NEXT STEP</b>	<ul style="list-style-type: none"><li>● People Always - When we abide in Jesus, our priorities begin to realign. We become more present, more available, and more attentive to the people God has placed in our lives.</li><li>● Made for More - Every branch He trims, every distraction He removes, and every unhealthy pattern He challenges is an invitation into the life He created us to live. You were made for more than exhaustion, busyness, and survival. You were made to bear fruit.</li></ul>
 <b>SCRIPTURE</b>	John 15:1-4, Hebrews 12:11, Ephesians 2:10, Galatians 5:22-23, Matthew 11:28-30
 <b>NEXT WEEK SNEAK PEAK</b>	Join us next week as we continue our Healthy Hustle series with Pastor Shan as he shares a message on Multiple High Priorities.

Questions or Feedback? Email [Groups@CentralAZ.com](mailto:Groups@CentralAZ.com)