

Discussion Questions

Burned Out Message Series

CONNECT GROUP TO EACH OTHER

1. What has been your biggest takeaway from our worship series *Burned Out*?
2. Is there someone in your life that you think could really benefit from learning more about practical, biblical teaching on preventing burnout?
3. What could be your first step of support for them as a friend?

CONNECT GROUP TO GOD

At Messiah, Community Groups are critical to forming a healthy church. You need to know other people and you need to be known. Your fears. Your struggles. Your prayers. Your joys. God wants to use your story to connect with someone else. Now we know some people are introverts and some people are extroverts. Some people have no problem sharing their story but for others, it's the hardest thing to do. But one of the chief demons of anxiety is that it makes you feel isolated and all alone. Brene Brown says it best: "Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."

1. When is a time in your life that you isolated yourself only to find it did more harm to you?
2. Why do you think people tend to isolate when they are going through painful times?
3. When have you experienced the power of a healthy community?

APPLY THE TEACHING

In Philippians, we learned that Paul's greatest prayer was that the church would abound in love so that they can grow in discernment. Divine love produces wisdom. Sometimes we think of ourselves as a "feelings" person or a "logic" person. According to Paul, if you really get the love part right (like Jesus did) then the wisdom part always follows (which Jesus had as well).

1. Would you describe yourself as more of a feelings person or a logic person?
2. Who have you known that was a good balance of love and logic?
3. Do you think Christians have a reputation in society as people who abound in love? Why?
4. How can we make sure that the church is a shining example of love in our community?