



Discussion Guide — tempted+tried (week 4)

Date: March 15, 2026

Series: tempted+tried

Message: To be Rooted or Restless

Scripture: John 15:1-11, Acts 2:42-47, Matthew 11:28:30

Opening Prayer

Jesus, True Vine, quiet our restlessness and draw us close. Help us hear your invitation to abide, to be rooted in your love. Form us through your grace—together—so we may bear fruit and know your joy. Amen.

Introduction & Context

This week we named a common human experience: restlessness—a kind of spiritual “restless leg syndrome” that keeps us moving even when we’re exhausted. Augustine famously described it: *“our heart is restless until it rests in you.”* Jesus’ antidote to restlessness is abiding—staying connected to him like branches connected to a vine (John 15).

We also saw how Jesus resists the temptation to go solo by forming a community, and how the early church lived that out through shared rhythms (Acts 2): learning, fellowship, breaking bread, and prayer. John Wesley called these rhythms means of grace—channels through which God meets and forms us.



Discussion Questions

1) Check-in: Naming restlessness

1. When you hear “rooted or restless,” what’s your honest reaction—relief, resistance, curiosity, conviction? Why?
2. The sermon used restless leg syndrome as a metaphor. Where do you notice “restlessness” showing up in your life right now—emotionally, spiritually, relationally, or with your time?
3. When you’re stressed, do you tend to go solo (withdraw, turn inward, handle it yourself) or seek people? What do you think drives that instinct?

2) Abiding in John 15: staying connected

4. In John 15, Jesus doesn’t start with a to-do list—he starts with source: “Abide in me... because apart from me you can do nothing.” What do you think Jesus is *inviting* you into with that statement?
5. What does “abide” (remain, stay, make your home, keep returning) look like in everyday life—not in theory?
6. Jesus says the goal is fruit and joy (“that my joy may be in you”). How does that challenge the way you’ve thought about spiritual practices—as duty, pressure, or “homework”?

3) Pruning: discomfort that leads to growth

7. John 15 includes pruning. When you hear “pruning,” what feelings come up for you—fear, grief, relief, resistance?
8. The sermon named pruning as things like: saying no, slowing down, letting go, admitting limits, receiving help, releasing control. Which one of those feels most relevant for you right now?
9. Where might you be calling restlessness “faithfulness” or exhaustion “discipline”—and what might Jesus call it instead?



4) Acts 2: rootedness becomes shared life

10. Acts 2:42 says they *devoted themselves* to teaching, fellowship, breaking bread, and prayers. Which of those four feels most natural to you? Which feels most difficult?
11. The sermon described Acts 2 as the fruit of practices—not hype. What “fruit” from Acts 2 do you long to see more of in your own life (awe, generosity, glad hearts, praise, goodwill, growth)?
12. Wesley said, “no holiness but social holiness.” Where do you see faith being shaped most deeply in community rather than in isolation?

5) Means of grace: practices as channels, not punishment

13. Wesley described means of grace as “ordinary channels” through which God conveys grace. What changes when you think of practices as channels rather than requirements?
14. What’s one practice that has genuinely helped you “return” to God when your heart wanted to wander?
15. If your restlessness could talk, what would it say it’s trying to protect you from? What might God be inviting you to trust instead?

Closing Prayer

God, meet us in our restlessness. Prune what needs pruning—not to punish us, but to prepare us for life. Root us in Christ, connect us to one another, and form us through ordinary means of grace so we may bear fruit and know joy. Amen.

Key Takeaway

Restlessness tempts us to go solo. Jesus invites us to abide—rooted in his love—and to practice grace with others, so fruit and joy can grow.



Next Step — P.A.R.

Pray: Ask God: “Where am I restless right now? What am I trying to carry alone? What would it look like to abide today?”

Each morning pray: “Jesus, keep me connected to you.”

Act: Engage *Practicing the Way* — Week 4: Practices. Choose one practice for this week (not five):

- 5 minutes of silence daily
- Read John 15:1–11 slowly three times
- One hour Sabbath (rest + delight; no productivity)
- One shared meal (Acts 2 rhythm)
- A short nightly examen (“Where was I rooted? Where was I restless?”)

Reflect: Each evening, answer:

- “When did I feel rooted today?”
- “When did I feel restless?”
- “What helped me return?”

Write one sentence. Let it add up.

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