



You don't need a balanced life. You need a connected life.



BIG IDEA

Healthy Hustle is not about perfectly balancing every area of life. It is about staying connected to Jesus, the true source of life, so that we can thrive in our faith, family, work, and relationships.



ICE BREAKER

1. When you hear the word "balance," what comes to mind?
2. Have you ever felt guilty because you couldn't give equal attention to every area of your life?
3. What is one priority that is easiest for you to neglect when life gets busy?



MAIN POINTS

Many people spend their lives chasing balance, believing that success means giving equal attention to work, family, faith, health, and relationships. The problem is that perfect balance is impossible because we are not God.

The lie isn't that you're not doing enough. The lie is believing you can be like God. Jesus offers a different solution. Instead of balance, He invites us into connection. In John 15, Jesus repeatedly uses the word "abide" or "remain." The Greek word means to stay, dwell, or take up residence. Jesus isn't inviting us to occasionally visit Him; He is inviting us to live connected to Him.

"The branch's job was never to generate life. Its job is to stay connected to the One who gives life."

Jesus reminds us that apart from Him we can do nothing. Real fruit in our marriages, families, careers, and faith flows from staying connected to the Vine.

Abiding is not another priority competing for our attention. Jesus is not simply first on the list—He is the source that feeds every other priority.

Healthy Hustle means learning to receive from God before producing for God. "Abide first."

As we spend time with God, our desires begin to change. The Holy Spirit reshapes our hearts so that we naturally prioritize relationships, faith, and purpose over achievement and performance.

The evidence of a reordered heart eventually shows up in our calendars, habits, and decisions.

Healthy Hustle also requires honesty. Many of us tell ourselves, "It's just a season," when the reality is that the season has become our lifestyle.

Abiding helps us bring our lives into the light and honestly evaluate where our priorities have drifted.

No matter what season we are facing, Jesus does not ask us to control every circumstance. He simply invites us to stay connected to Him through it.



DISCUSS

1. Which do you find yourself pursuing more often: balance or connection with Jesus?
2. What stood out to you about Jesus being the source rather than just another priority?
3. How would your daily life look different if you approached your faith as abiding instead of simply accomplishing spiritual tasks?
4. Are there any areas of your life where you have been saying “it’s just a season” for longer than you should?
5. What priorities has God been prompting you to give more attention to recently?



NEXT STEP

- **Jesus First - Abide First**
Start each day connected to Jesus before producing for Him. Spend intentional time in Scripture and prayer before opening your phone, email, or beginning your work. Remember, you don’t need a balanced life—you need a connected life
- **People Always - Prioritize What Lasts**
Allow God to reorder your heart so the people who matter most receive your best. Put your family, relationships, and meaningful conversations on the calendar before life fills every available space. Invest in what has eternal value.
- **Made for More - Be Honest About Your Season**
God has uniquely called you to make a difference in this season of life. Whether you’re thriving, surviving, or carrying heavy responsibilities, stay connected to Christ and faithfully live out your calling. Don’t settle for excuses like “it’s just a season.” Invite God into your current reality and trust Him to produce lasting fruit through you.



SCRIPTURE

John 15:5-8 - John 15:1-17 - Colossians 3:23 - Genesis 1:26-27 - Genesis 2:15



NEXT WEEK SNEAK PEAK

Thank you for joining us for our Healthy Hustle series. We hope you’ll continue applying these principles as you pursue a life that is connected to Jesus and focused on what matters most.