



November 15th, 2015

Turning To The God Who Refreshes

1. Reject the FALSE NARRATIVE:

THE WAY OF MARTHA IS THE BEST WAY

Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." – Luke 10:38-40 (ESV)

- DISTRACTION: THE PROBLEM OF INTERRUPTION
- DILUTION: THE PROBLEM OF OVERLOAD

2. Embrace the JESUS NARRATIVE:

THE WAY OF MARY IS THE BEST WAY

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." – Luke 10:41-42 (ESV)

How To Choose The Good Portion

1. I WILL SIMPLIFY MY LIFE

Seek first God's kingdom and what God wants. Then all your other needs will be met as well. – Matthew 6:33 (NCV)

But he's already made it plain ...what God is looking for in men and women. It's quite simple: Do what is fair and just to your neighbor, be compassionate and loyal in your love, and don't take yourself too seriously—take God seriously. – Micah 6:8 (MSG)

2. I WILL EMBRACE CONTENTMENT

But godliness with contentment is great gain - 1 Timothy 6:6 (ESV)

1 Timothy 6:9-10; Philippians 4:11-12; Luke 12:15

Keep your life free from the love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." - Hebrews 13:5 (ESV)

3. I WILL FOCUS ON RELATIONSHIPS

"Teacher, which is the most important commandment in the law of Moses?" ³⁷ Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind." ³⁸ This is the first and greatest commandment. ³⁹ A second is equally important: 'Love your neighbor as yourself.' ⁴⁰ The entire law and all the demands of the prophets are based on these two commandments." - Matthew 22:36-40 (NLT)

4. I WILL REANIMATE THE SACRED PAUSE

For thus says the Lord God, the Holy One of Israel: "In returning and rest you shall be saved; In quietness and confidence shall be your strength." But you would not, - Isaiah 30:15 (NKJV)

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! ¹¹The Lord of hosts is with us; The God of Jacob is our refuge. - Psalm 46:10-11 (NKJV)

I Will Turn To God by...

- Memorizing **Isaiah 30:15**
- Embracing a Mary heart in a Martha world.
- Choosing the good portion of simplicity, contentment, and rest.
- Surrendering my life, for the first time, to Christ as my Savior.

WALK THE TALK A Growth Group Guide

1. What is the connection between technology and hurry-sickness?
2. Do you live under the tyranny of the urgent? Why or why not? Give some examples of how technology has actually decreased your leisure time?
3. Why is “taking time” important in our spiritual lives, and how does hurry hinder it? How is the story of Martha and Mary Jesus’s way of teaching us this truth?
4. Which of the four points in “How To Choose the Good Portion” helps you slow down the most? Which one challenges you the most?
5. Since we would be wrong to choose “Martha’s service” over “Mary’s repose,” flat out, as though it were an either/or choice instead of a both/and choice, how do we learn the balance between both?
6. What is your response to this statement by Robin Myers? “In every waking hour a sacred theater is in session, played out before an audience that is largely blind.”

SOUL TRAINING – SLOWING DOWN

A Personal Transformation Exercise

The Principle:

Slowing down is the way our soul works. Robert Barron says, “The deepest part of the soul likes to *go slow*, since it seeks to savor rather than to accomplish; it wants to rest in and contemplate the good rather than hurry off to another place.” It may seem like we’ve already been over this, but life in our modern culture moves quickly. Our schedules are jam-packed with activities that move us around from place to place with little to no margin. Up to this point in this series, hopefully you have begun the process of prioritizing things in your life that are important. By this point, margin should be something that you are trying to incorporate into your weekly schedule. The reason is that you won’t be able to slow down if you haven’t already put these soul trainings into action. The past 8 weeks have been building on one another in a way that has been leading us to this one principle...slow down.

The Plan:

Your assignment this week is to slow down, savor, rest, and contemplate. Slowing down will mean eliminating “hurry” from your life. Hurry is the thing we are trying to counterbalance. As you begin to slow your life down, it will help you take delight in your life and even make more room for God. Slowing our lives down gives us the space to sleep, be silent and aware of creation, count our blessings, pray through and meditate on scripture, create margin, and even have solitude. By slowing down, and making time for the things that really matter, we are getting our souls in tune with the God we are meant to know. Here are some tips to help slow down:

1. Think about the activities of the upcoming day. Instead of waiting until the last minute to go to your next activity, try leaving ten minutes early. Walk more slowly. Drive more slowly. When you arrive at your destination a bit earlier than usual, use the extra time to notice things around you. Breathe.
2. Intentionally get in the slowest lane while driving, and the longest checkout line. (Good luck with this!)
3. Plan a meal with some friends. Cook slowly. Enjoy the act and smells of cooking. Linger over your meal, spending an hour or two eating slowly, conversing, and enjoying the blessing of food.