

## Starting Point

- What stood out to you most from the message or the scene between Mary, Martha, and Jesus in The Chosen?
- Have you ever felt like Martha—working hard for the right reasons but ending up anxious, resentful, or burnt out?
- What does it look like in your daily life to “sit at Jesus’ feet”?

## Going Deeper

- Good things can keep you from the best things. Martha wasn’t doing something bad—just missing out on something better. What good things in your life might be crowding out the best things?
- When you focus on others, you leave yourself unattended. Martha got so focused on Mary’s behavior that she missed what Jesus wanted to say to her. Where are you tempted to focus on others instead of letting God speak to you?
- Work without worship is wearying. In what ways have you experienced burnout from doing things for God without spending time with God? What rhythms (rest, worship, prayer, etc.) help you “sharpen your soul”?
- When you lose your why, you lose your way. Have you ever forgotten why you were serving in the first place? What helps you reconnect to your “why”?

## Living It Out

- Jesus said Mary had “chosen the good part.” What could choosing the good part look like for you this week?
- What’s one healthy rhythm you want to rebuild or recommit to?
- Where do you sense Jesus inviting you not to do more, but to draw nearer?