

Sermon Title: Encounters: Choosing the better portion
Scripture Reading: Luke 10:38-42

Being with Jesus is *spending time with Jesus* alone & with others, from a heart of devotion & towards deeper dedication.

- **Take inventory of our *hearts & time*.**
- **Spend time in *prayer*.**
- **Spend time through *scripture reading*.**

Pattern your life around what Jesus praised Mary for. Be cautious with what Jesus pushed against in Martha.

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 But 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." ⁴¹ 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 10:38-42

And she had a sister called Mary, who *sat at the Lord's feet* and *listened to his teaching*.

...Mary has chosen *the good portion*, which will not be taken away from her."

The Lord is my *chosen portion* and my cup;
you hold my lot.

The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.

Psalm 16:5-6

The Lord is *my portion*;

I promise to keep your words.

⁵⁸ I entreat your favor with all my heart;

be gracious to me according to your promise.

Psalm 119:57-58

"The Lord is *my portion*," says my soul,
"therefore I will hope in him."

²⁵ The Lord is good to those who wait for him,
to the soul who seeks him.

Lamentation 3:24-25

Jesus as our portion is having a centering, guiding, & growing love for Him.

Mary is modeling for us *unhurried love* in life with Jesus.

*“Love is painfully time consuming. There’s no shortcuts. No life-hack. No killer app. It takes an enormous amount of time to love well. **Love and hurry are oil and water**: they simply do not mix.”*

-John Mark Comer. The Ruthless Elimination of Hurry

But 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.”⁴¹ But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things,⁴² but one thing is necessary

*“**Lord, do you not care** that my sister has left me to serve alone? Tell her then to help me.”*

“Martha, Martha, you are **anxious** and **troubled** about **many things**

Some whispers of an anxious heart:

If I stop, so will God.

God only loves me when I _____.

When your heart is anxious, what does it whisper to you?

And he said to his disciples, “Therefore I tell you, do not be **anxious** about your life, what you will eat, nor about your body, what you will put on.²³ For life is more than food, and the body more than clothing.²⁴ Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and **yet God feeds them.**

Luke 12:22-24

Jesus invites us to confront our anxiety with His generosity & presence.

Martha is cautioning us against a distracted & divided life with Jesus, filled with deceptive ideas about Jesus, ourselves, & what we do.

...Mary has chosen *the good portion*, which will not be taken away from her.”

Pattern your life around what Jesus is praising & be cautious with what Jesus is pushing against by taking inventory & taking action.

Take inventory is examining carefully & asking the right questions.

Take inventory of your heart.

*Does my relationship feel more **duty than delight**? More **chore-ish than cherished**? More **burden than blessing**?*

Take inventory of your time.

*Is busyness **an excuse** I’m making or **a badge of honor** I’m wearing?*

*What are **the demands of my schedule telling me** about the desires of my heart?*

Make a plan to be with Jesus.

And a woman named Martha welcomed him into her house.

But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:6

Dedicate a time & a place to being with Jesus.