



Chasing
Happy*

**The Right Kind*

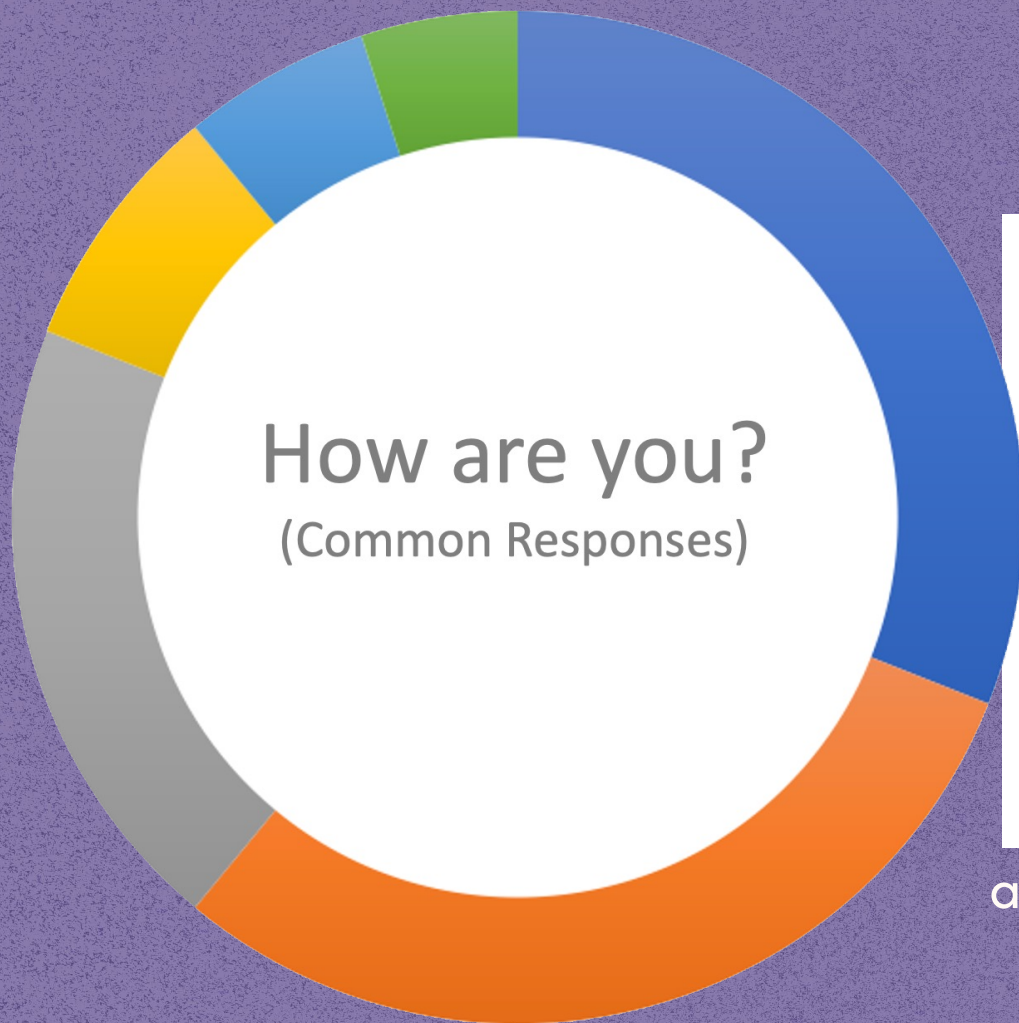


Chasing
Happy*

**The Right Kind*

How are you?

(Common Responses)



■ Fine

■ Good

■ Okay

■ Hanging in

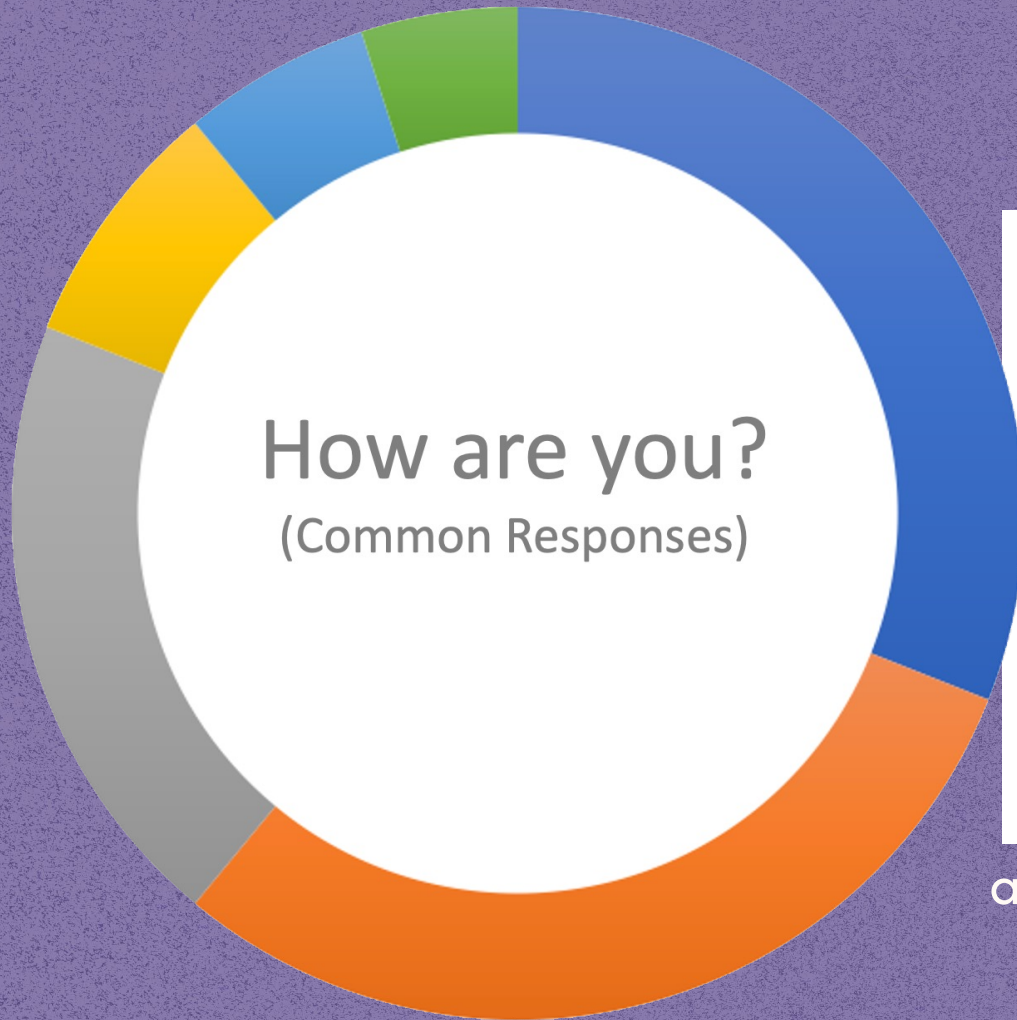
■ Doing well

■

amberajohnson.com

How are you?

(Common Responses)



- Fine
- Good
- Okay
- Hanging in
- Doing well
- Busy

amberajohnson.com

“Hustle Culture”

“The belief that constant working, pushing, and achieving is desirable, expected, and maybe even morally virtuous, often at the cost of rest, relationships, and balance.”

“Hustle Culture”

- 76% of employees report experiencing burnout at least some of the time. (Gallup)
- 80% of employees experience “productivity anxiety” — feeling there is always more you *should* be doing. (Forbes)
- 81% of people check work email on the weekends, 55% after 11:00 p.m., and 59% on vacation. (PR Newswire)



Chasing
Happy*

**The Right Kind*

38 As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. **39** She had a sister called Mary, who sat at the Lord's feet listening to what He said.

Luke 10:38-42

40 But Martha was distracted by all the preparations that had to be made. She came to Him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

Luke 10:38–42

41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things,
42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Luke 10:38–42

Periespato (“distracted”):
To be pulled or dragged around

41 “Martha, Martha,” the Lord answered...

Luke 10:38–42

41 “Martha, Martha,” the Lord answered,
“you are worried and upset about many things”

Luke 10:38–42

41 “Martha, Martha,” the Lord answered,
“you are worried and upset about many things,
42 but few things are needed—or indeed only
one. Mary has chosen what is better, and it will
not be taken away from her.”

Luke 10:38–42

	Martha	Mary
Luke 10	“distracted by all the preparations.”	“sat at the Lord’s feet”
John 11	“went out to meet Jesus... went back and called her sister...”	“Mary... got up... and fell at His feet.”
John 12	“Martha served [a dinner]...”	“Mary... poured perfume on Jesus’ feet...”

27 “Yes, Lord,” she replied, “I believe that You are the Messiah, the Son of God, who is to come into the world.”

Luke 10:38–42

¹⁵ “But what about you?” He asked. “Who do you say I am?”

¹⁶ Simon Peter answered, “You are the Messiah, the Son of the living God.”

¹⁸ “... On this rock I will build my church, and the gates of Hades will not overcome it.”

Matthew 16:15–18

Martha: “You are the Messiah, the Son of God, who is to come into the world.”

Peter: “You are the Messiah, the Son of the living God.”

	Martha	Mary
Luke 10	“distracted by all the preparations.”	“sat at the Lord’s feet”
John 11	“went out to meet Jesus... went back and called her sister...”	“Mary... got up... and fell at His feet.”
John 12	“Martha served [a dinner]...”	“Mary... poured perfume on Jesus’ feet...”

“Whatever you do, work at it with all your heart,
as working for the Lord, not for men.”

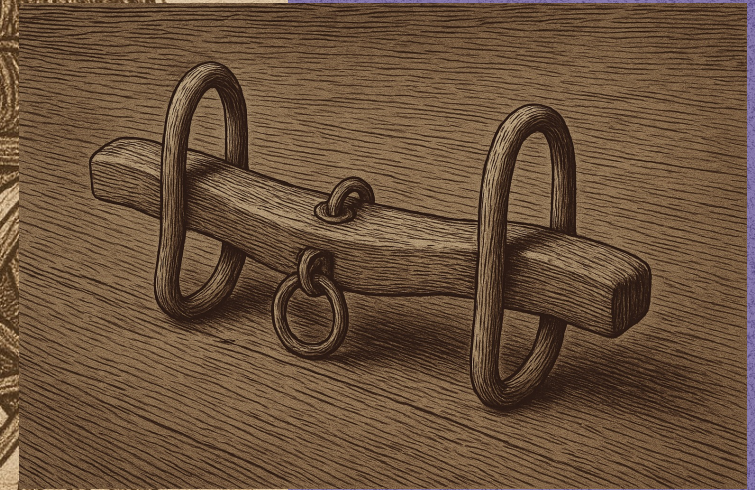
Colossians 3:23

“If a man will not work, he shall not eat.”

2 Thessalonians 3:10

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Matthew 11:28–30



33 “But seek first His kingdom and His righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Matthew 6:33–34

Application:

- 1) Learn to live in a rhythm of rest.

Application:

- 1) Learn to live in a rhythm of rest.
- 2) Elevate people above projects.

You are loved.



Chasing
Happy*

**The Right Kind*