

2024



SOUL FOOD

"FLIP IT" MODERN DAY MOVIE PARABLES FOR EVERYDAY LIFE!

SMALL GROUP STUDY GUIDE

*Luke 10:38-42 NIV - [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.** [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!" [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."*

THE MOVIE

The film delves into the rich history of Soul Food cuisine, illustrating its cultural importance in bringing families together.

THE TABLE

The **table is a symbol** of **family**, **community**, and **faithful presence**

SUNDAY DINNER

Sunday dinner has been a significant tradition in African American culture since the Great Migration from the South to the North. It's a time for families to gather, share stories, and celebrate over food that nourishes the spirit and soul.

JESUS AT THE TABLE

Matthew house - the **table of Evangelism**

Last Supper - the **table of servitude**

Pharisee house - the **table of worship**

MARTHA HAS CHOSEN!!

In Luke 10 we see the table of choice. Jesus is visiting his friend Lazarus, Mary and Martha. Everything seems to be fine but Martha is about to go off. This becomes a lesson about priorities.

PRIORITY IS DEFINED AS:

THE PRINCIPLE THING. PUTTING FIRST THINGS FIRST. ESTABLISHING THE MOST IMPORTANT THING. PRIMARY FOCUS.

- Put God first in everything
- Don't miss the Primary thing
- Seek ye first the kingdom of God
- Learn to sit in his presence

PRIORITY IS THE PRINCIPLE OF PROGRESS.

- Everyone is so busy, but few are productive
- Don't allow productivity to misalign your priorities

MARTHA HAS CHOSEN!!

Focus on THE TABLE

Luke 10:40a NIV - But Martha was distracted by all the preparations that had to be made.

- The table is representative of preparation mode
- Martha wanted to get the place ready for Jesus
- Martha was distracted with the preparation
- Martha came to Jesus and complained that Mary was not helping her
- Martha wanted Jesus to tell her to help her
- Martha was
 - Serving Frustrated
 - Spirit not right and it is coming out in your servitude in front of God test
 - Serving as if it is unfair.
 - Is it unfair because you are the only one doing the work?
 - It was Martha's choice. She invited Jesus and the disciples to her house.
 - It's unfair that you are focusing on them and not you? (Spirit of Comparison)
 - Serving with UNSPOKEN EXPECTATION
 - Demanding for help from a place of frustration
 - Don't be worried or upset about the small stuff
 - Just because you do a lot of movement don't mean God is in it

Take an honest look at your servitude. How would you describe your mindset, heart and motives towards serving? Do you feel like you're not needed if you aren't serving?

Focus on MARY

Luke 10:40b NIV - 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!"

- The table is representative of presence mode
- Mary wanted to get ready for Jesus

- Mary made a choice
- Martha chose to invite Jesus and the disciples into her home
- Mary made the choice to sit at the feet of Jesus
- Sit at the table and let the Lord minister to you
- Make space for him

When in the presence of the Lord, describe your posture.

Focus on THINGS OUTSIDE THIS ROOM

Luke 10:41 - "Martha, Martha," the Lord answered, "you are worried and upset about many things

- Get your priorities together
- You are about to miss this moment because you're focused on the wrong thing
- Do not let distractions disrupt your encounter with God
- Learn to protect your peace
- When the enemy can't get you, he will try to irritate or distract you
- The enemy will use what appears to be important as a distraction
- Neither were wrong in their choice, but worship should have been the priority
- Don't criticize those who don't share your priorities
- Your urgency may not be an emergency for others
- You have to know when to shift your priorities

What easily distracts you from being attentive to God? Why?

Careful: "Merimnao" "Stretched in many different directions."

Troubled: "Turbazo" "Caught up in a whirlwind" "in a dither"

WORSHIP AS WORK

V.S.

WORSHIP WHILE YOU WORK, BUT WORK CAN'T REPLACE YOUR WORSHIP

- Worship cannot be or replace your work
- Worship as you work
- Stop fussing, just start worshipping
- Don't miss the moment by ignoring what is in your presence
- You sit down and eat in worship
- Worship before serving help to get you motives right
- It's your choice
- No one can force you to do anything

MARY HAS CHOSEN!

Luke 10:42b - Mary has chosen what is better, and it will not be taken away from her."

- Preparation is necessary but you have set your priorities
- You never know how your worship today impacts your future
- Protect your peace
- Protect your space
- Protect your heart
- If the enemy can't get to you to those around you to attempt to destroy your peace
- You try to stay busy to look like your doing what He wants you to do

Considering your current priorities, what takes precedence? Why?

3 THINGS MARY CHOSE

Chose not to **RESPOND—create more space**

- Everything doesn't deserve a response
- Responses should be slow
- Pray about it before you act
- When you do things in a hurry you don't always do the right thing
- You pause, process, plan, and then you proceed when you choose not to respond

Chose not to **REACT—get even**

- Reacting is trying to get you back
- Reaction is a low level response because there is no productivity to it
- Reaction shifts your attention to the distraction
- Reactions are quick and defensive
- Reactions always create additional difficulties

Chose to **REMAIN**

- You are where you're supposed to be
- Your first ministry is to God
- Choose to remain in God's presence
- Sitting in His presence is where you will have to deal with your own insecurities
- Be appropriately available
- You should always want to be in the moment
- Don't let people force you from the table
- Don't care about what others think or say about you
- Maintain your prayer life and worship
- Keep standing in the gap
- Everything you need is at the table
- God is about to feed your soul

**PAUSE, PROCESS, PLAN AND THEN PROCEED.
RESPONSE vs. REACT**

RESPONSE REACT

- | | |
|---|-----------------------------------|
| * Slower | * Get back |
| * No | * No productivity connected to it |
| * Is not needed when you know who you are | * Are defensive |
| * Takes wisdom | * Creates additional difficulty |

Psalm 27:4 NIV - One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

- Set your desire to dwell with God forever
- Your heart's desire cannot be conditional

QUESTION

What are you choosing and how has this passage made you rethink your choice?

DECLARATION

The Lord is my priority!

PRAYER

Father God, I choose You as my number one priority in every area of my life. Not only are You the head of my life, but in every circumstance, I put You first. I seek You for guidance and instruction. Your infinite wisdom has enabled me to grow and to navigate life with assurance, boldness and courage. I am confident that I could not complete this journey or fulfill my purpose without You. I thank You, for helping me to embrace my priorities and not to envy the priorities of others. I thank You for giving me the wisdom to understand what is urgent for me may not be an emergency for others. Lord keep me close to You, let my mind never drift away from making You my priority, in Jesus' name. Amen!