

SERMON NOTES:

Series: What is Needed Part 3: One Thing is Needed

BIG Idea: Good things can crowd out the necessary thing.

Application: Create space for unhurried presence with Jesus, choosing attentiveness to Him over busyness for Him.

Join us as we read the Bible together in 2026.

<https://bit.ly/ReadwithMe26>

Luke 10:38-42

I. The Weight of Many Things

Faithful activity becomes spiritually dangerous when it fragments our inner life.

Luke 10:40a (NLT)

⁴⁰ But Martha was distracted by the big dinner she was preparing.

Luke 10:41 (NLT)

⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details!”

Anxiety, in Scripture, is often the symptom of a divided heart.

Psalm 86:11 (NLT)

¹¹ Teach me your ways, O Lord,
 that I may live according to your truth!
Grant me purity of heart,
 so that I may honor you.

A divided heart struggles to rest.

James 1:8 (NLT)

⁸ Their loyalty is divided between God and the world, and they are unstable in everything they do.

Proverbs 4:23 (NLT) ²³ Guard your heart above all else, for it determines the course of your life.

Spiritual busyness can quietly produce spiritual anxiety when our hearts are pulled in too many directions.

II. The Grace of Fewer Things

Jesus lovingly reduces our priorities so our hearts can be re-centered.

Luke 10:41-42a (NLT)

⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about...”

Reduction is not loss—it's mercy.

Psalm 27:4 (NLT)

⁴ The one thing I ask of the Lord—
the thing I seek most—
is to live in the house of the Lord all the days of my life,
delighting in the Lord's perfections
and meditating in his Temple.

Deuteronomy 6:4-5 (NLT)

⁴ “Listen, O Israel! The Lord is our God, the Lord alone. ⁵ And you must love the Lord your God with all your heart, all your soul, and all your strength.”

God is not trying to complicate our lives. He is trying to gather our hearts.

Ecclesiastes 7:29 (NLT)

²⁹ But I did find this: God created people to be virtuous, but they have each turned to follow their own downward path.”

III. The Freedom of the One Thing

Choosing attentiveness to Jesus secures what cannot be taken from us.

Luke 10:42b (NLT)

⁴² “...Mary has discovered it, and it will not be taken away from her.”

What we anchor our attention to determines what remains when everything else is shaken.

The psalmist declares:

Psalm 16:5-6 (NLT)

⁵ Lord, you alone are my inheritance, my cup of blessing.
You guard all that is mine.

⁶ The land you have given me is a pleasant land.
What a wonderful inheritance!

What God gives as an inheritance cannot be revoked by busyness, suffering, or loss.

Exodus 33:11 (NLT)

¹¹ Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend. Afterward Moses would return to the camp, but the young man who assisted him, Joshua son of Nun, would remain behind in the Tent of Meeting.

John 6:68 (NLT)

⁶⁸Simon Peter replied, “Lord, to whom would we go? You have the words that give eternal life.”

When Jesus is our center, there is nowhere else we need to go.