

# 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)**

<sup>40</sup> But Martha was distracted by the big dinner she was preparing.

**Luke 10:41 (NLT)**

<sup>41</sup> 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.**

**Psalms 86:11 (NLT)**

<sup>11</sup> 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)**

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

**Proverbs 4:23 (NLT)** <sup>23</sup> 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)**

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

**Reduction is not loss—it’s mercy.**

**Psalms 27:4 (NLT)**

<sup>4</sup> 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)**

<sup>4</sup> “Listen, O Israel! The Lord is our God, the Lord alone. <sup>5</sup> 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)**

<sup>29</sup> 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)**

<sup>42</sup> “...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:

**Psalms 16:5-6 (NLT)**

<sup>5</sup> Lord, you alone are my inheritance, my cup of blessing.  
You guard all that is mine.  
<sup>6</sup> 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)**

<sup>11</sup> 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)**

<sup>68</sup> Simon 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.**