



**Title: Detox: Be Still**

**Scripture: Luke 10:38-42**

**Date: 01/14/2018**

**Bible Version: NKJV**

**BOTTOM LINE: The Gospel is counterintuitive. Slowing down in Christ yields more than speeding up or doing it on your own .**

**Vs. 38**

**A certain village** - The village was Bethany and it was located less than two miles from Jerusalem.

**Martha welcomed Him-** Martha received Jesus as a guest.

**Vs. 39**

**Had a sister called Mary** - Martha had a sister named Mary. She also had a brother named Lazarus. This is the Lazarus that Jesus raised from the dead.

**Sat at Jesus' feet** - Notice what Mary was doing. She was sitting at the feet of Jesus.

*This was the posture of the Jewish scholars, while listening to the instructions of the rabbi's.- Adam Clarke*

**Heard His word** - As a result of sitting at the feet of Jesus, Mary heard His words.

**Vs. 40**

**Martha was distracted-** She was busy, so busy that the things that she was working on had to stop because there was another thing that was just as important vying for her attention.

**with much serving** - Martha was busy with serving others. She no doubt knew how to take care of others. She had undeniable one of the greatest guests she could ever have.

**Therefor tell her to help me** - Martha was bugged with the fact that Mary was sitting and not helping.

*Martha is busy but not blessed. She's busy and she's bitter.- Jon Courson*

She let the task that was at hand distract her from the priority of being with Jesus.

You have an assignment from God and it's your job to protect against busyness. Busyness is not a spiritual gift.

#### **Vs. 41**

**You are worried and troubled about many things** - Jesus could see that Martha was carrying a heavy burden. Martha was so worried about getting things ready for this occasion that she forgot who was at this occasion.

#### **Vs. 42**

**But one thing is needed** - Jesus points to the one thing that is needed. That one thing is time and attention to our savior.

Likewise, many of us are so busy that we can't see what God has before us.

#### **Three things you can do now to detox.**

##### **1. Slow down.**

*Our greatest weakness flows out of our greatest strength.- Peter Scazzero*

*[Psa 46:10 NLT] "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."*

##### **2. Anchor yourself in God's love**

*[Eph 3:17 NLT] Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.*

*[Eph 3:18 NLT] And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.*

*Christianity is not about our disciplined pursuit of God, but about God's relentless pursuit of us. - Peter Scazzero*

### **3. Understand the gift of God (break loose from the things that are less than God).**

*[Mat 11:28 NLT] Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.*

*[Mat 11:29 NLT] Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.*

*[Mat 11:30 NLT] For my yoke is easy to bear, and the burden I give you is light."*

When you understand the gift of God, you are set free from the bondage of performance and freed to just be in the Father's presence.

*God can do more in five seconds than we can do in five hours or months or years. - John Piper*

January 14th, 2018

Discuss  
Dig Deeper

D

Detox: Be Still  
Scripture: Luke 10:38-42

# 3D Guide

DO.

**BOTTOM LINE: The Gospel is counterintuitive. Slowing down in Christ yields more than speeding up or doing it on your own .**

1. What does this study reveal to you about God?
2. What does this study reveal to you about yourself?
3. Based on this, what changes do you need to make?
4. What is your prayer for today?



**DISCUSS.**

1. What are some of your observations from the passage of scripture?
2. Are there ways that you are like Martha?
3. If we took slowing down and being still in the Lord seriously, what do you think would immediately happen? What about over time?
4. How can we benefit from being at the feet of Jesus?

**DO.**



Anytime you read God's word you have to put things into perspective. You also have to realize that the terms, not words, have meanings. As a group re-read the scriptures that was studied. Try the Amplified Version and compare that to the NJKV, NIV, ESV, or NASB. Pick a few words and have a group member look that word up on [blueletterbible.com](http://blueletterbible.com) or with their app.



# Parents & Kids

TAKE **HOME**

**DATE:** January 14th, 2018

**Scripture:** God Promises To Be With Me. Ruth 1-4

1. When Naomi decided to go back home to Bethlehem, who stayed with her?(Ruth)  
Yes, Ruth left her family and home behind to go with Naomi.
2. What happened to Ruth and Naomi when they got back home?(Ruth gathered grain, Boaz gave them food and a home, Ruth and Boaz got married and had a son, etc.)
3. Why were Ruth and Naomi amazed?(Because of God's blessings, because of God's power in their lives, because God was with them always, etc.)

**Memory Verse:** God is not a man, so he does not lie.

He is not human, so he does not change his mind.

Has he ever spoken and failed to act?

Has he ever promised and not carried it through? - Numbers 23:19

