



**Travel Light - Part 2 - Letting Go of Distractions  
Pastor Ray Hammond - December 8, 2019**

**At the Home of Mary and Martha**

<sup>38</sup> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> 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 10:38-40

- **Martha's problem wasn't that she was BUSY. It was that she was HURRIED.**

<sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> 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 10:41-42

- **A hurried heart chooses what is GOOD over what is BEST.**

**Choosing What Is Better:**

**1) Diminish the DISTRACTIONS.**

Jesus: "7 Other seed fell among thorns, which grew up with it and choked the plants. ... <sup>14</sup> The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature."  
– Luke 8:7, 14

Guard your heart above all else for it determines the course of your life. – Proverbs 4:23

**2) Think: "People BEFORE projects."**

<sup>36</sup> "Teacher, which commandment in the law is the greatest?" <sup>37</sup> Jesus said to him, "*Love the Lord your God with all your heart, with all your soul, and with all your mind.*" <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> The second is like it: '*Love your neighbor as yourself.*' <sup>40</sup> All the law and the prophets depend on these two commandments." – Matthew 22:36-40

**3) Stay FOCUSED on Jesus.**

<sup>1</sup> Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> *fixing our eyes on Jesus*, the pioneer and perfecter of faith. – Hebrews 12:1-2

Jesus: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." – Matthew 6:33

- **Where do I need to put God FIRST in my life?**