

Stress Out - Part 3 – One Thing
May 3, 2020

Jesus at the home of Mary and Martha

³⁸ Now as they went on their way, Jesus entered a certain village where a woman named Martha welcomed him as a guest. ³⁹ She had a sister named Mary, who sat at the Lord's feet and listened to what he said. ⁴⁰ But Martha was distracted with all the preparations she had to make, so she came up to him and said, "Lord, don't you care that my sister has left me to do all the work alone? Tell her to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are worried and troubled about many things, ⁴² but one thing is needed. Mary has chosen the best part; it will not be taken away from her." – Luke 10:38-42

How Do I Focus on God Instead of the Stress?

1) By LOOKING to God.

She had a sister named Mary, who ***sat at the Lord's feet...*** – Luke 10:39

2) By LISTENING for God.

She had a sister named Mary, who sat at the Lord's feet and ***listened to what he said.***
– Luke 10:39

Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. – Proverbs 3:6

3) By LEANING on God.

But Martha was distracted with all the preparations she had to make, so she came up to him and said, "Lord, don't you care that my sister has left me to do all the work alone? Tell her to help me." – Luke 10:40

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

– Philippians 4:6-7