

## Slow down for loving union



### SCRIPTURE

Luke 10:38-42

### OVERVIEW

Our society glorifies speed and efficiency, whether it's next-day delivery, microwave meals, or the pride people can take in their busy schedules.

Many believed that technological advancements would make our lives less hectic. However, the reality is quite the opposite. We sleep less, our addiction to smartphones is widespread, and we are working longer hours than ever before.

As Corrie ten Boom said, "If the devil can't make you sin, he'll make you busy."

In Luke 10:38-42, we find a telling contrast

between two sisters, Mary and Martha. Martha was overwhelmed and distracted by her many tasks, while Mary chose to sit at Jesus' feet, savouring His presence and listening to His words.

To become emotionally healthy disciples, we need to follow Mary's example by simplifying our lives and slowing down. This isn't just about doing less; it's about deepening our relationship with Jesus.

Olly highlighted two practical steps for embracing a slower, more meaningful pace of life:

1. **Find Your Desert Place**

Identify a personal space where you can retreat for solitude and connection with God. It could be a quiet room, a peaceful spot in nature, or any place where you can be alone with Him.

2. **Establish a Rule of Life**

Create an intentional routine that includes time for work, rest, activities and spiritual disciplines that bring joy and foster your connection with God.

## **QUESTIONS**

1. What makes your life busy?
2. How do you feel when you are in a rush?
3. Reading the passage how did Jesus react to Martha and Mary and what they were both doing?

4. What does this passage teach us about Jesus and his pace of life?
5. Do you have a "desert place" with God? If not what place could you find?
6. What would be part of your rule of life and how can you slow down?