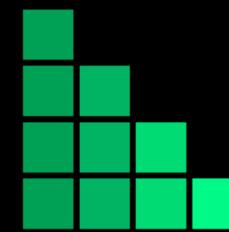


NEW LIFE ONE STUDIES



Series: “Following The Way”

Week 2 Study Guide

Message: “Sit and Listen.”

(The Rhythm of Bible Reading)

SCRIPTURE

Main Text:	Cross References:
Luke 10:38–42	<p>Acts 22:3 <i>At the feet: the posture of a disciple.</i></p> <p>Galatians 3:28 <i>The level playing field in God’s Kingdom.</i></p> <p>Romans 10:17 <i>The Word plants the seed of faith.</i></p> <p>Romans 12:2 <i>The Word renews the mind.</i></p> <p>John 17:17 <i>The Word transforms lives.</i></p> <p>2 Timothy 3:16–17 <i>The Word equips.</i></p> <p>Psalm 119:105 <i>The Word guides.</i></p> <p>John 8:31 <i>Disciples cling to the Word.</i></p>

UNDERSTANDING THE STORY

(This section focuses on understanding what the text means — before jumping to what it means for us.)

Read Luke 10:38

Main Idea: Jesus enters Martha's home while traveling with His disciples, and she welcomes Him with hospitality.

Commentary:

Hospitality in first-century Jewish culture wasn't optional or casual — it was a sacred responsibility. Welcoming a guest meant protecting their dignity and meeting their needs. A poorly prepared home brought shame, not just inconvenience. Martha isn't being dramatic or controlling; she's doing what faithful Jewish women were taught to do. Luke intentionally sets this up so we understand: *Martha is doing something good.*

Discussion Question:

1. Why does Luke intentionally mention Martha opening her home to Jesus?
2. What cultural pressures might Martha have felt in this moment?

Takeaway:

*Luke wants us to see that Martha starts from a place of faithfulness. The tension in this story is not between good and bad — it's between **good and best**.*

Read Luke 10:39

Main Idea: Mary sits at Jesus' feet, listening to His teaching — taking the posture of a disciple.

Commentary:

The phrase “***sat at the Lord’s feet***” is loaded with meaning. In Jewish culture, sitting at a rabbi’s feet was how disciples learned. This wasn’t casual listening — it was formal training. Luke’s original audience would immediately recognize this as disciple language. What makes this moment shocking is that women were not typically permitted to sit in this space as disciples.

Luke reinforces this idea elsewhere in Scripture. In ***Acts 22:3***, Paul says he was “trained at the feet of Gamaliel,” using the same imagery. Mary isn’t breaking social etiquette — she’s stepping into a role that society and religion didn’t allow her to have, and *Jesus welcomes that*.

Discussion Questions:

1. What does Luke want us to understand by including the phrase “sat at the Lord’s feet”?
2. Why would this moment have felt uncomfortable or shocking to the original audience?

Takeaway:

Mary isn’t being passive or lazy — she is actively learning. Luke presents her as a legitimate disciple of Jesus.

Read Luke 10:40

Main Idea: Martha becomes distracted and divided by her many responsibilities.

Commentary:

The Greek word translated “distracted” literally means “pulled apart” or “dragged away.” Martha isn’t just busy — she’s internally divided. She recognizes Jesus as “Lord,” which means she understands His authority. Her frustration doesn’t come from disbelief, but from tension: *she wants to serve Jesus and be with Him as he teaches, but feels she can’t do both.*

This verse reveals Martha’s inner conflict more than her workload. Her complaint isn’t really about Mary — it’s about feeling unseen and overwhelmed.

Discussion Questions:

1. What does the word “distracted” reveal about Martha’s inner state?
2. Why is it significant that Martha addresses Jesus as “Lord”?

Takeaway:

Martha’s struggle is not rebellion — it’s her priorities. Luke wants us to see her complexity, not villainize her.

Read Luke 10:41

Main Idea: Jesus responds to Martha with compassion, not condemnation.

Commentary:

When Jesus says “Martha, Martha,” He uses a form of address that communicates tenderness and care. Jesus acknowledges her anxiety without dismissing her effort. This isn’t a rebuke for serving — it’s an invitation to re-center.

Discussion Questions:

1. What does Jesus’ tone communicate about how He views Martha?

2. Why does Jesus focus on her inner condition instead of her actions?

Takeaway:

Jesus doesn't shame Martha for serving; He gently exposes what serving without listening can do to the soul.

Read Luke 10:42

Main Idea: Jesus declares that Mary has chosen "the better thing," and it will not be taken from her.

Commentary:

Jesus isn't creating a hierarchy where serving is bad and listening is good. Instead, He establishes priority. "The one thing needed" points to attentiveness to Jesus Himself. Meals end. Tasks repeat. But receiving Jesus' word has lasting, eternal impact.

When Jesus says it "will not be taken away," He affirms Mary's place as a disciple and highlights the permanence of God's Word. This echoes other Scriptures that describe God's Word as formative, sanctifying, and enduring (*John 17:17; Romans 10:17*).

Discussion Questions:

1. What makes Mary's choice "better?"
2. What does Jesus mean when He says it won't be taken from her?

Takeaway:

Mary receives something eternal — the Word of God from the Word of God. She chose to sit and absorb the truth that shapes identity, faith, and obedience long after the moment passes.

MAKE IT PERSONAL

1. Which character do you most relate to right now — Mary, Martha, or somewhere in between?
2. What tends to pull your attention away from listening to Jesus?
3. Do you ever confuse spiritual productivity with spiritual depth?
4. What emotions surface when you think about slowing down to sit with Jesus?

LIVING IT OUT

1. Schedule uninterrupted time with Jesus.

Decide on a realistic, consistent time each day to read the Bible.

2. Have a plan. Choose a format for studying the Bible.

Examples: Bible App, Study Guides, Right Now Media Studies. If you need help choosing a study, let us know here:

<https://subsplash.com/u/-GQHWNJ/forms/d/7970bae1-b6ad-4008-b1fb-39faa4e56d05>

3. Before reading, prepare your heart in prayer:

- “Jesus, teach me.”
- “Jesus, show me what you want me to know about you.”
- “Jesus, help me to see where you’re inviting me to trust in you through Your Word.”
- “Jesus, help me to see where I need to align my life with your will.”

4. Don't be derailed.

If you miss a day, return — without guilt or shame.

For LifeGroups:

ENCOURAGE EACH OTHER

Share:

1. What makes it hardest to prioritize Scripture in your current season?
2. What has helped you stay consistent in the past?

Pray together:

Ask God to quiet distractions, realign priorities, and form your group into disciples who sit at Jesus' feet and are shaped by His Word. Thank Jesus for inviting us to receive before we serve, and to listen before we act.