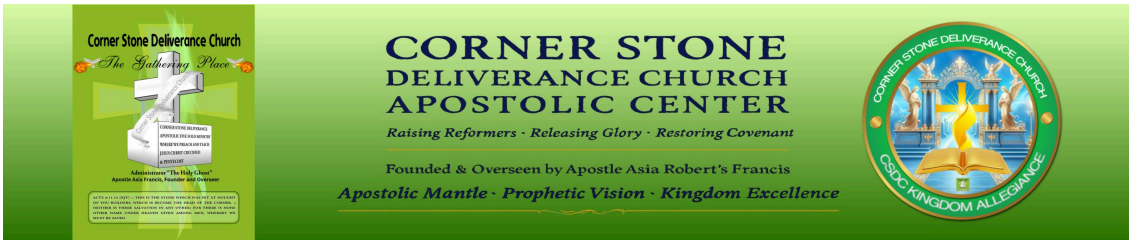


DISCIPLESHIP HANDOUT

Title: *Return to the One Thing* **Main Text: Luke 10:41–42** *"Martha, Martha, you are worried and upset about many things, but only one thing is necessary…"*

I. INTRODUCTION — THE CRY OF JESUS IN A DISTRACTED GENERATION

- Distraction is one of the enemy's quietest but most effective weapons.
- Jesus speaks to a servant, not a sinner—revealing that even good activity can become spiritual drift.
- Heaven is calling us back to the **One Thing**: His presence.

II. THE WEIGHT OF MANY THINGS

Martha's issue wasn't service; it was divided attention.

Signs of "many things":

- Emotional clutter
- Mental noise
- Spiritual drift
- Misplaced urgency
- Busyness without presence

Key Truth: It is possible to be in the house with Jesus and still miss Jesus.

III. THE ONE THING THAT CANNOT BE TAKEN

Mary chose:

- Stillness
- Focus
- Devotion
- Proximity

What you gain at His feet cannot be taken away.

IV. THE CALL TO RECENTER

This is not the hour to be everywhere—only where He is. This is not the hour to do everything—only what He is saying.

God is restoring:

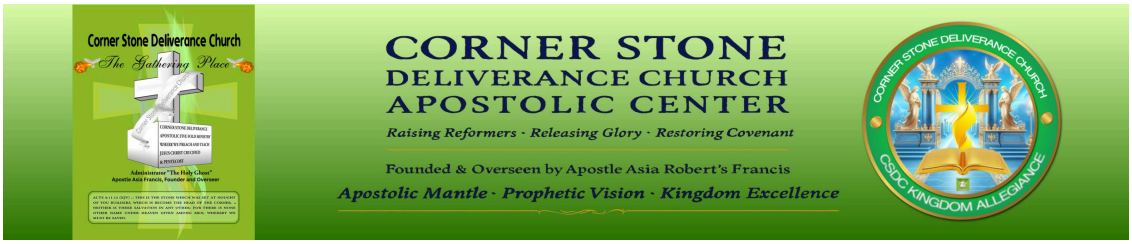
- Clarity
- Alignment
- Devotion
- Spiritual focus

V. REFLECTION QUESTIONS

1. What has been pulling your attention away from Jesus?
2. Where have you substituted activity for intimacy?
3. What does "choosing the One Thing" look like in your daily life?

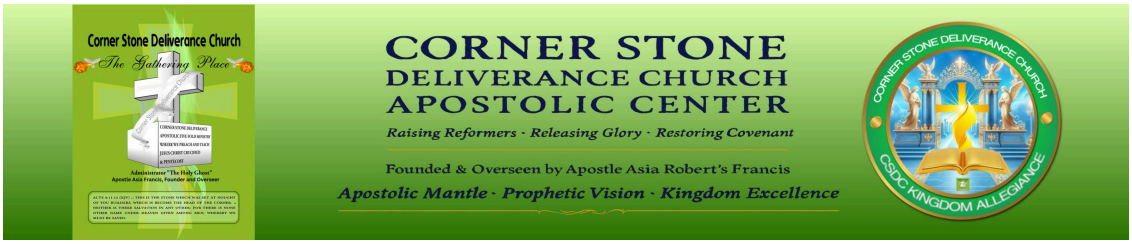
VI. DECLARATIONS

- My attention belongs to Jesus.
- I refuse the weight of many things.
- I choose the One Thing.
- My focus is restored.
- My devotion is renewed.



VII. PRAYER

"Lord, realign my heart. Break the weight of many things. Restore my devotion and anchor me again at Your feet. Amen."



7-DAY DEVOTIONAL — *Return to the One Thing*

DAY 1 — The Whisper of Distraction

Scripture: Luke 10:41 **Focus:** Distraction is often internal, not external. **Reflection:** What internal noise has been stealing your stillness? **Prayer:** "Quiet my soul, Lord."

DAY 2 — The Illusion of Busyness

Scripture: Psalm 46:10 **Focus:** Busyness is not the same as fruitfulness. **Reflection:** Where have you mistaken movement for progress? **Prayer:** "Teach me to be still."

DAY 3 — The Seat at His Feet

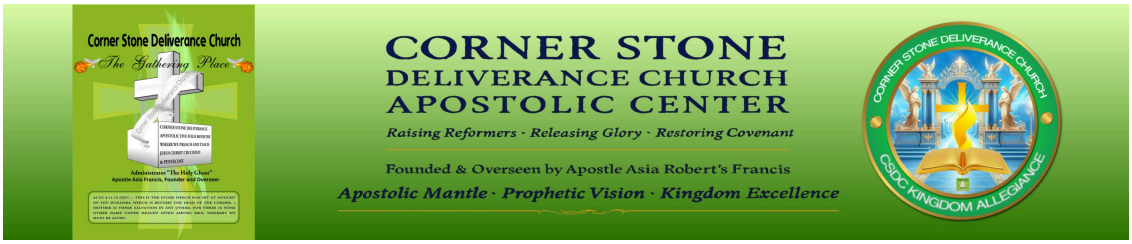
Scripture: Luke 10:39 **Focus:** Mary chose proximity over productivity. **Reflection:** What does sitting at His feet look like for you? **Prayer:** "Draw me close again."

DAY 4 — The One Thing Necessary

Scripture: Luke 10:42 **Focus:** Only one thing is essential—His presence. **Reflection:** What competes with your devotion? **Prayer:** "Help me choose the One Thing."

DAY 5 — The Portion That Cannot Be Taken

Scripture: Psalm 27:4 **Focus:** What you gain in His presence is eternal. **Reflection:** What has God given you in moments of stillness? **Prayer:** "Anchor me in what lasts."

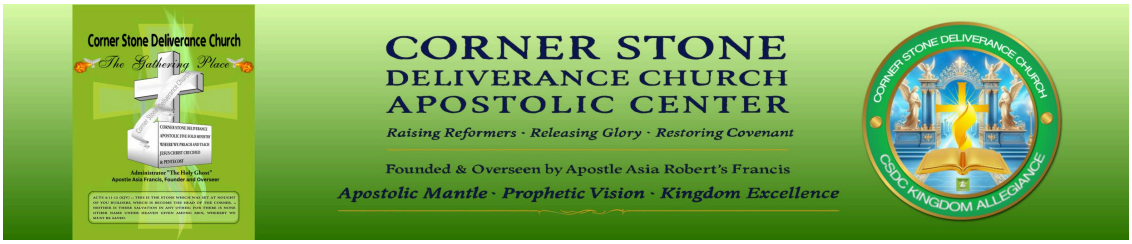


DAY 6 — Reclaiming Your Gaze

Scripture: Hebrews 12:2 **Focus:** Focus is a spiritual discipline. **Reflection:** Where is your gaze drifting? **Prayer:** "Fix my eyes on You."

DAY 7 — Living From the One Thing

Scripture: Matthew 6:33 **Focus:** When you prioritize Him, everything else aligns. **Reflection:** What needs to shift in your life to maintain focus? **Prayer:** "Order my steps around Your presence."



20-QUESTION QUIZ — *Return to the One Thing*

Multiple Choice (1–10)

1. Who did Jesus correct in Luke 10:41–42? a) Mary b) Martha c) Lazarus d) Peter
2. What was Martha's primary issue? a) Laziness b) Distraction c) Disobedience d) Fear
3. What did Mary choose? a) To serve b) To complain c) The good portion d) To leave
4. What does Jesus call "necessary"? a) Work b) Worship c) One Thing d) Many things
5. Distraction is often: a) External b) Internal c) Physical d) Emotional only
6. What cannot be taken away? a) Wealth b) Time c) The portion gained in His presence d) Opportunities
7. Which posture did Mary model? a) Busyness b) Stillness c) Anxiety d) Avoidance
8. What is God restoring in this message? a) Comfort b) Focus c) Popularity d) Status
9. What does the "weight of many things" represent? a) Sin b) Emotional and mental clutter c) Poverty d) Physical weakness
10. What is the central call of this sermon? a) Do more b) Serve harder c) Return to the One Thing d) Avoid responsibility

Short Answer (11–20)

11. Define "the One Thing" in your own words.

    _____

    _____

    _____

12. What is the danger of spiritual busyness?

    _____

    _____

    _____

13. Why is proximity to Jesus more important than productivity?

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14. List two signs of internal distraction.

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15. What does it mean to "recenter your life"?

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16. How does stillness strengthen your spiritual life?

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17. What is one area where you need to refocus?

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18. Why is intimacy with Jesus irreplaceable?

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19. What does "reclaiming your gaze" mean spiritually?

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20. What practical step will you take this week to choose the One Thing?

_____

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