



PRAYER: Gracious God, unclutter our souls. Give us the courage to focus on you and find in you our joy, our peace, and our hope. We thank you in advance. In the name of Jesus, we pray. Amen.

ICEBREAKER: When you are sad, or tired, or discouraged, what do you turn to for refreshment?

MESSAGE RECAP: Jesus shows up at the home of Mary and Martha, to visit, eat, and perhaps even lodge with them. As Jesus sat, Mary sat as well, and engaged Him in conversation listening and hanging on His every word. In the meantime, Martha is busy making preparations for their guest. It's not long before Martha gets agitated that Mary is not helping, but rather is sitting listening to Jesus. As Martha enlists the Lord's help in the dispute, Jesus lets her know that it is she (Martha) who is in the wrong, and not Mary. Martha had chosen work over worship, and duty over devotion. *What about us?*

SCRIPTURE: Read St. Luke 10:38-42 (NIV)

DISCUSSION:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. How is your devotional life? Is time with God a priority for you? How do you know? Are you "multitasking" God (*talking to God, serving God, reading, or listening to the Word of God while doing something else*)?
3. In their book, *First Things First*, Stephen Covey and Roger and Rebecca Merrill ask this penetrating question: "What is the one activity that you know if you did superbly well and consistently would have significant positive results in your personal life?" They repeat the question with regard to your professional or work life and then ask, "If you know these things would make such a significant difference, why are you not doing them now?" After reading Luke 10:38-42, what should take a priority in our lives?
4. Which of the following myths do you struggle with the most?
 - a. Things will settle down someday
 - b. More will be enough
 - c. Everybody lives like this

What practical steps can you take in order to break the habit of thinking like this?



Welcome!

SERIES: CLUTTER

Today's Message: *Unclutter Your Soul*
Dr. Lance D. Watson, Senior Pastor

5. Dr. Katie Cannon said, "Do the work your soul requires." What is **that work** for you? Are you doing it or is something else occupying your time, energy, and focus? In what ways do you sometimes find yourself busy, upset, and troubled like Martha?
6. Do you currently live at a pace that allows you to be present in the lives of others? Are there some good things in your life that are keeping you from the "main thing?"

CHALLENGE: What is one "a-ha" moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week's message, how would the next week be different for you?

SERVE: How is God calling us to live out this message this week? As individuals? As a group?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also "find, follow and like" our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

A large, solid red heart is positioned behind the text 'We Care!', with the heart's center overlapping the letter 'e'.

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Jamie Duncan: Jamie.Duncan@myspbc.org
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at www.myspbc.org.