

Main Street Church - Life Group Guide

Series: Table Talk: Life Changing Meals with Jesus

Message: Part 3 - Distracted By The Dishes - [Luke 10:38-42](#)

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Connect (25min)

1. HOTSPOTS

- What are your favorite places and ways to cool off or chill out in the heat of summer?
- Are you feeling refreshed or frustrated in your faith and relationship with God this week?
How are you personally engaging Jesus this summer? (Bible reading/plan, personal devotions, prayer...)

2. SUMMER PSALM


-  Read [Psalm 63:1-8](#). Take a few minutes to praise and thank the Lord together in response to this Psalm.

Message Discussion (50min)

1. TABLE TALK

- Does anyone enjoy doing the dishes? Do you usually do your dishes by hand or use a dishwasher?
- What are some “distractions” that you’ve used to avoid doing the dishes?
- Have you ever had someone drop by your house unexpectedly, and served them coffee or a meal?
What did you feel in those first moments of response?

2. DISTRACTED BY THE DISHES

-  Read [Luke 10:38-42](#). How would you describe the location and atmosphere of this “Table Talk”?
- What do you learn about Jesus? What do you learn about the guests?
- How does the conversation impact the participants and how does it initially impact you?

3. HEART & HOME


- **Martha welcomed Jesus into her home, but Mary welcomed Him into her heart.**
What’s the difference between *hosting* Jesus and *being* with Jesus? How can we confuse the two?
- **The Greek word “perispao” means to be pulled in every direction, or distracted.**
What’s been dragging you around emotionally, mentally, or spiritually lately? What’s your “perispao”?

4. BE WITH JESUS

- **You can be doing good things for Jesus and still miss the better thing—being with Jesus.**
Why do you think it’s easier to serve Jesus than to sit with Him?
What does this reveal about our beliefs and values?
- **Jesus responded to Martha with affection, not condemnation.** How does this change the way you think about His posture toward you when you’re stressed, distracted, or overcommitted?

Reflection & Prayer (15min)

ABIDE & OVERFLOW

-  Read [John 15:1-17](#).
- **Serve from overflow, not from emptiness.** What would it look like for us to abide in Christ and serve out of *intimacy* instead of *obligation*? How do you refill your spiritual tank?

HOSPITALITY & OUTREACH

- Have you hosted or shared a meal with anyone outside your usual circle recently? Share your story. For example - *An unchurched friend, a new neighbor, a co-worker, someone in need.*
- Who are 3 people that you could pray for and connect with over a meal this summer?

PRAYER

*Break into groups of 3-4, or men & women, to enhance sharing and prayer participation.

- In response to the message and discussion, how can we pray for you this week? (for salvation, healing, provision, protection, blessing...) Share & Pray for one another.
- Who is one person in your life that we can pray for together? (for salvation, healing, provision, protection, blessing...) Share & Pray for them together.