

# overflow



# Overflow

On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified. John 7:37-39

# overflow

*Holy Spirit, fill me to overflowing. You are the one who allows me to know Father and Son more and more intimately. You are necessary for the transformation of my character. And its only by being filled by you that I can live out the fullness of witness and ministry that you've called me to.*

*So fill me to overflowing!*

# Context

- Martha's love for Jesus and her gift of hospitality as an act of love are to be commended
- *This is not a sermon slamming a personality type!*

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." Luke 10:38-42

# Martha's Heart

- **distracted** - *drawn to the peripheral*
- **worried** - *having a divided mind*
- **upset** - *disquieted or noisy (turbulent or disturbed)*

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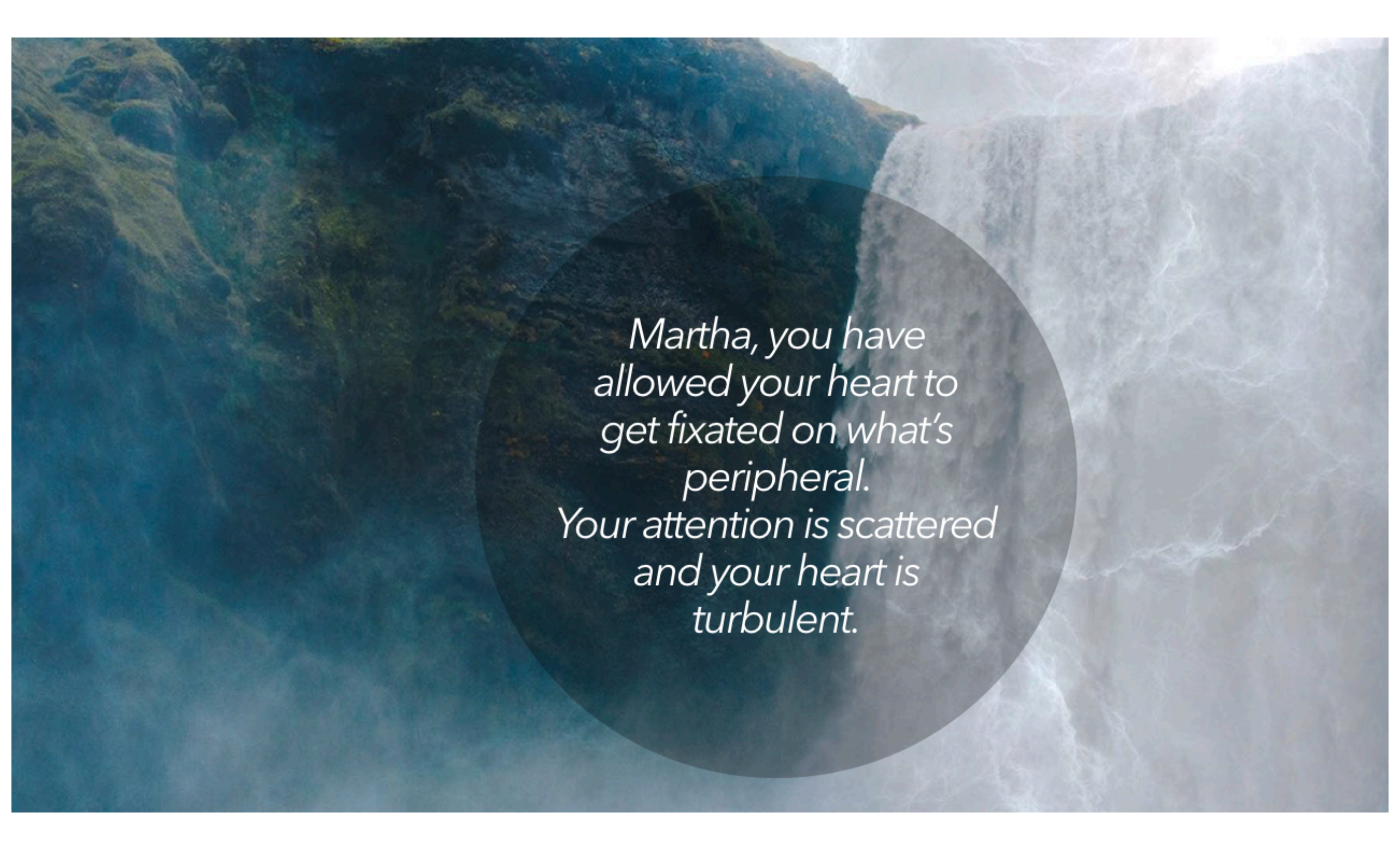
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- **many things** - *the much has crowded out the one*

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A large waterfall cascading down a rocky cliff, with a dark circular overlay in the center containing text.

*Martha, you have  
allowed your heart to  
get fixated on what's  
peripheral.  
Your attention is scattered  
and your heart is  
turbulent.*

*Has your focus  
on the much  
crowded out the  
one?*

*What is your  
distraction level?*

*Where is the  
attention of your  
heart? On what's  
peripheral or on  
what's core?*

*What are your  
signs of  
distraction?*

**Spirit Speedometer**






# Resentment

- Martha interrupts Jesus
- Martha projects her frustrations onto Jesus and accuses Him of not caring about her
- Martha feels abandonment and rejection from Mary
- She feels alone and alienated from others

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*Martha's resentment is  
an overflow of her being  
overwhelmed by all she  
thinks is necessary*

*Are you feeling  
alone and  
alienated?*

*What are you  
projecting on  
God?*

*What is your  
resentment level?*

*What have you  
taken on that is  
actually  
unnecessary?*

**Spirit Speedometer**




# Distracted by Service

- Distracted by “diakonia”
  - service  
Rom 12.7; 1 Cor 12.5;  
Rev 2.19
  - ministry (where we get  
“deacon” from)  
Acts 1:17, 25; Acts  
20:24; 2 Tim 4:11

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*The ministry that we  
think we need to do can  
also be a source of great  
distraction*

*Has your  
ministry become  
a source of  
distraction?*

*Are you trying to  
do more than is  
necessary?*

**Spirit Speedometer**



# Mary Listens

- all that's not necessary, Martha!
- one thing is necessary
- what we choose to focus on is important
- Mary focuses on what's choice: feet time
- Mary listens to Jesus' *logos*

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*The contrast is not  
between temperaments  
or work ethic, but focus of  
attention*





the much

the one

the work

on Jesus

what I have to do and what  
others aren't doing


what Jesus is saying

what's next


what's now

resentment and frustration

peace

A large, powerful waterfall cascading down a rocky cliff, with a dark circular overlay in the center containing text.

*Is it possible to be  
involved in service and  
ministry and sit at Jesus'  
feet, listening to Him?*



*sit still and listen  
to my word*

*notice where I  
am and what I'm  
doing in the  
moment*

*don't walk by me*

*take delight in  
what I'm doing  
now*

# Practicals

start your  
day with  
FaceTime or  
FeetTime

Pay  
attention!



Prune the  
peripheral



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Martha Martha ...

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