

Called By Name: "Martha!"

Feb. 7, 2020

Scriptures: Luke 10:38-42; John 15:4-5

Bottom Line: How we spend our days is how we spend our lives

Martha and Jesus (Luke 10:38-42)

"My dear Martha, you are worried and upset over all these details. There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

How we spend our days is how we spend our life. And yet, like Martha, many of us let distraction and busyness choose and rule our days for us.

Being distracted literally means being out of control of where we are going and who we are becoming.

Rest as a Way of Life

Hurry is the great enemy of the spiritual life.

Rule of Life: A structure or tool used to organize your life around abiding in the vine that is Jesus

Sabbath: Stop, rest, delight, and worship

Leave room/margin in your day to remove your temptation to hurry.

It takes time to come to rest.

Response

- Look at the Rule of Life Chart and consider making your own rule of life.
<https://practictheway.org/unhurrying-with-a-rule-of-life/workbook>
- Check out the "How to Unhurry" guide
<https://johnmarkcomer.com/blog/unhurry>

LISTENING

Have someone in your group share something about their week. They could answer one of the following questions:

- What was a big challenge or problem you faced this week? How did you handle it?
- Where did you experience God this week? Or where do you wish you had experienced God this week?
- Based on your life experience this week, what do you think God is trying to teach you right now? What is He trying to build in you?

After the person shares, the group can respond. Make sure you let them know you heard them: tell them what you heard, offer wise advice where it's asked for, share from your own experience as well.

DISCUSSION QUESTIONS

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. What distraction takes up too much of your time?
3. Are there some commitments (even good ones!) you currently have that the Lord is asking you to let go of? Take some time to pray about this!
4. Take a look at the "Rule of Life Chart." What practices in your daily life are leading you to be with Jesus, become like Jesus, and do what Jesus did?
5. Try Sabbath! It's much harder for the enemy to tempt happy, healthy, and rested followers of Jesus (check out the How to Unhurry guide and watch the videos to get started on Sabbath).