

## Focus (Luke 10:38-42): Amber Field

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*Luke 10: 38-42*

**38** As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. **39** She had a sister called Mary, who sat at the Lord's feet listening to what he said. **40** 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!"

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

- Sometimes we can feel frustration and resentment when it comes to seeing someone that's not doing half the work we're doing and still experiences what we thought we'd get with more work.

1. **Jesus is NOT saying the choice is to not work.** Somebody has to do the work- it's essential.

2. **JESUS VALUED WORK.** His nature was to be a servant. Jesus believed in work.

So, what is "better"? >> Ephesians 2:8-9 says, "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works..."

Mary brought her *focus* on Jesus, Martha's focus was to be working.

Mary chose to sit at Jesus' feet and listen and learn. Women at the time were not able to do that- but Jesus made sure there were no barriers so Mary would be able to just BE with Him.

Sunday, January 16, 2022

Psalm 16:5-8 says... "Lord, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

- Martha was distracted!! Distracted: to be drawn away from. She put all of her work in everything *but* Jesus.
- Her distraction led her to believe that she couldn't rely on Jesus- Jesus likes to be bothered!
- In Matthew 11:28, he says, "Come to me, all you who are weary and burdened, and I will give you rest."
- **Busyness leads her away from Jesus- physically, emotionally and spiritually.**
- Jesus tells Martha what she needs, which is Him.
- God responds in ways that address our needs, not just our wants.
- He **commands** us not to worry.

### **Here's what Jesus wants from us:**

1. Establishing him as a **CLEAR PRIORITY**
2. Giving Him **UNRUSHED TIME**
3. Giving Him our **UNDIVIDED ATTENTION**

### **How do we stay focused on God?**

- **Choose**
- **Sit**
- **Listen**

### **Choose:**

- We must choose to make time for Jesus.

Sunday, January 16, 2022

- Thought our schedules may be busy and life gets in the way, it's always important to show up when we can to make room for Him and get in the Word.
- Pray "reorder my steps" - tasks need to get done, but what do I really *need*? Choices to make room for Him can look different, but choose to spend time with God.

**Sit Still:**

- **Psalm 46:10 says, "Be still, and know that I am God."**
- Sit still for a while (I set my timer to 2 minutes to sit in silence)

*Pete Scazzero says, "Our goal is to cultivate our personal relationship with Him- to be with God- surrendering our will to his will, our presence to his presence, and our actions to his actions each day...This is where we actually position ourselves for God to do his transformative work in us."*

**Listen:**

- Sometimes reading the Bible can be stressful. We can think: how does this story that's thousands of years old relate to me today?, not sure how this makes sense?, etc.
- Exploring the depths of His Word happens *over time*.
- *Reading Scripture is Heart Work!*
- You can start reading the Gospel of Mark!
- Read a chapter a day if you can.
- If you want to break it up, you can read NIC, CSB or ESV!
- You're not alone.
- You can join Bible Study as we go through Mark on Wednesday January 19th.

So, choose, sit, listen. Do the work of being with God. Let us accept the gift of His love by focusing on Him in all we do.