

Main Idea

Following Jesus requires making intentional room for what matters most. Like Mary, we are called to choose presence over pressure, margin over overload, and trust over self-reliance. By accepting our limits and creating space in our lives, God uses challenges and pressures to deepen our dependence on Him and grow our faith.

1. Distractions and Overload

Our lives are often crowded with good things that can still distract us from God's best.

- What kinds of activities, responsibilities, or habits most often distract you from your goals or spiritual focus?
- How do you usually recognize when your life is becoming too full?

2. Mary and Martha (Luke 10:38–42)

Jesus affirms Mary for choosing presence with Him over productivity.

- Read Luke 10:38–42 together.
- Do you relate more to Mary or Martha right now? Why?
- What do you think Jesus means when He says Mary chose “the better part”?

3. Living with Margin

Margin is the space between our load and our limits.

- In which areas of your life (time, energy, emotions) do you feel the least margin?
- How does a lack of margin affect your relationships, faith, or decision-making?

4. Accepting Our Limits

God designed us with limits—physical, emotional, and time-based.

- Which type of limit is hardest for you to accept right now?
- What happens when you push past your limits instead of trusting God with them?

5. Pressure, Challenges, and Trust (2 Corinthians 1:9)

God often uses pressure to teach us dependence on Him.

- Read 2 Corinthians 1:9 together.
- How have past pressures or unexpected challenges shaped your faith?
- What current “bump” or challenge might God be using to teach you something?

6. Making Room Practically

Creating space is an intentional spiritual practice.

- What are some realistic ways you could add margin to your schedule this week?
- Do you have any built-in buffer zones, or is something needing to be trimmed?
- What spiritual habit could grow if you made more room?

Closing Prayer

Ask God to help each person recognize where their life is overcrowded, to trust Him with their limits, and to intentionally make room for His presence, guidance, and peace this week.