November 14: Choose the Better Part.
Read Isaiah 30:15.

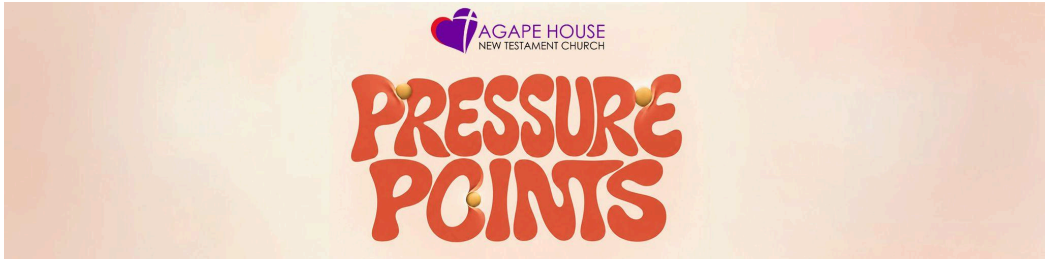
- Mary and Martha were in the same house with Jesus, but they made different choices. Martha chose activity; Mary chose His presence. What have your recent choices revealed about your priorities?
- Mary sat at Jesus' feet and listened to His teaching. Rev. Adeline reminded us, "**Prayer is both listening and talking to God**." She challenged us to "**Sit, listen and do what Jesus says**." How much room do you give God to speak when you pray?
- Jesus did not condemn service. He corrected service that had become disconnected from relationship. How can you protect time with Jesus without abandoning the responsibilities He has given you?

Pray this prayer out loud: "Jesus, draw me back to Your feet. Quiet the noise around me and within me so I can hear Your voice clearly. Teach me to receive from You before I rush to perform for You. Amen."

November 15: Become Before You Do.
Read Revelation 2:1-7.

- The church at Ephesus worked hard, persevered, and endured difficulties. Yet Jesus said they had left their first love. Could you be doing the right things while your relationship with God is quietly growing cold?
- You are not merely God's worker; you are His child. How would your service change if everything you did flowed from the security of knowing you are deeply loved by your Father?
- Rev. Adeline taught, "**Learn to be a child of God before you do all the duties assigned to you. We must become before we do**." What does God want to develop in you before focusing on what He wants to accomplish through you?

Prayer: *Pray for a renewed love for God and the grace to become before you do. Ask God to help you serve from the security of knowing that you are His beloved child.*



Daily Devotional for PRESSURE TO PERFORM

Here is a Daily Devotional to enable you to make the most out of this sermon. You may use it for your personal growth or discuss it together in your Life Group.

November 9: Don't Let Doing Replace Being.
Read Luke 10:38-42.

- What spoke to you the most from the sermon by Rev. Adeline last weekend? How would it impact your life?
- Martha welcomed Jesus into her home but became so busy serving Him that she lost sight of Him. Could some of the good things you do for God be distracting you from your relationship with Him?
- Rev. Adeline warned that **a performance-based lifestyle can move us from human BE-ings into human DO-ings**. What has been occupying most of your attention lately?
- God values faithful service, but He never intended your identity to come from how much you accomplish. If some of your responsibilities were taken away today, would you still feel valuable and significant?

Pray this prayer out loud: *"Father, deliver me from measuring my worth by what I accomplish. Help me recognize every distraction that is drawing my heart away from You. Teach me to serve faithfully while keeping my relationship with You first. I ask this in Jesus' name. Amen."*

November 10: What Is Distracting You?
Read 1 Corinthians 7:35.

- Not every distraction is sinful. Martha was distracted by serving - something good and necessary. What good responsibility may have become an unhealthy distraction in your life?
- Rev. Adeline warned: "**Distraction left unattended will lead to the destruction of your soul**." How seriously are you guarding your attention?
- Consider your work, ministry, family responsibilities, phone, social media, entertainment, ambitions, and personal concerns. Which of these receives more of your attention than it should?

Make this declaration in faith: *"My attention belongs to God. I will not allow distractions to pull my heart away from Him. I will keep Christ at the center of my life and serve Him with an undivided heart."*

November 11: Stop Striving.
Read Galatians 3:3.

- There is a difference between working diligently and striving anxiously. Which one best describes the way you have been approaching your responsibilities lately?
- In his epistle to the Galatians, the Apostle Paul warns us against beginning by the Spirit and then trying to become complete through human effort. Are you trying to accomplish in your own strength what can only be sustained by God's grace?
- Rev. Adeline reminded us, "**We need to stop stressing and striving. We must start trusting God's Word**." What would trusting God look like in the area where you currently feel the greatest pressure?

Pray this prayer in faith: *"Father, forgive me for relying on my own strength. Teach me to work from a place of trust rather than anxiety and striving. Help me depend on Your Spirit and Your Word in everything You have called me to do, in Jesus' name. Amen."*

November 12: From Your Load to Your Lord.
Read 1 Peter 4:11.

- Martha's responsibilities became so consuming that her attention shifted away from Jesus. Has your current workload become bigger in your thoughts than the Lord you are serving?
- Pastor Adeline taught, "**Pressure builds up when we shift our focus from our LORD to our LOAD**." Which load is currently consuming most of your mental and emotional energy?
- Performance-driven people constantly feel pressure because they depend on their own strength. Where do you need to stop carrying the load alone and begin relying on the strength God provides?

Prayer: *Ask God to help you focus more on the Lord than your load, trusting Him for the strength to carry every responsibility He has given you.*

November 13: Take Care of Your Own Vineyard.
Read Song of Solomon 1:6.

- The pressure to perform can make us concerned about how we appear to others while neglecting what is happening inside us. Is there a difference between the person people see and the condition of your heart?
- Scripture says, "They made me the caretaker of the vineyards, but I didn't take care of my own vineyard." Are you so busy helping, serving, leading, working, or caring for others that you have neglected your own spiritual life?
- Public success cannot compensate for private neglect. What area of your own "vineyard" - your relationship with God, character, family, emotional health, or spiritual disciplines - needs attention?

Make this declaration out loud: *"I will not neglect my inner life while caring for outward responsibilities. I will walk with God privately and serve Him faithfully publicly. My life will reflect integrity from the inside out."*
