We are God's family. We require renewed minds to serve out of love.

John 3:7 "Do not be amazed that I said, 'You must be born again.'"

Matthew 18:3 Jesus said, "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. "

1 John 3:1 "See how very much our Father loves us, for He calls us His children, and that is what we are."

Ephesians 5:1-2 "Follow God's example, therefore, as dearly loved children and walk in the way of love."

Learn to be a child of God before you do all the duties assigned to you.

Performance gives an immediate response of acceptance.

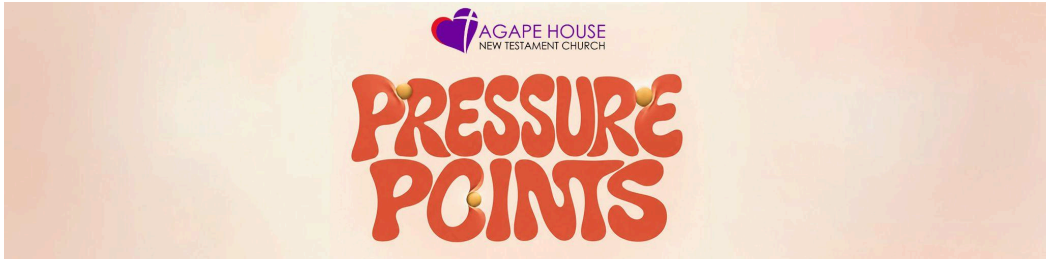
Relationship takes time and requires nurturing.

Receive from your Father and live out of that.

Martha chose to DO, Mary chose to BE.
We must become before we do.
Who you are is what you do.

Be a child of God and do what children of God do.

Memory Verse: Luke 10:41-42 "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.'"



PRESSURE TO PERFORM

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THE STORY OF MARY AND MARTHA

Luke 10:38-42

THREE KEY POINTS ABOUT THE PRESSURE TO PERFORM

1. THE PERFORMANCE-BASED LIFESTYLE.

Luke 10:40 "Martha was **very busy and distracted** with all of her serving responsibilities."

Colossians 3:23-24 "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. **It is the Lord Christ you are serving**."

The performance-based lifestyle is characterised by busyness and distractions: It must not be practiced.
It moves us from Human BE-ings into Human DO-ings.

What is your distraction?

Distraction left unattended will lead to the destruction of your soul.

Please turn over

1 Corinthians 7:35 “Serve the Lord without distraction.”

Galatians 3:3 “How foolish can you be? After starting your new lives in the Spirit, why are you now trying to become perfect by your own human effort?”

We need to stop stressing and striving. We must start trusting God’s Word.

2. THE <u>PRESSURE</u> THAT BUILDS UP.

Luke 10:40 “But Martha was very busy *and* distracted with all of her serving responsibilities; and she approached Him and said, “**Lord, is it of no concern to You** that my sister has left me to do the serving alone? **Tell her to help me *and* do her part**.” But the Lord replied to her, “Martha, Martha, you are worried and bothered *and* anxious about so many things.”

Pressure builds up when we shift our focus from Our LORD to our LOAD.

Performance driven people are constantly under pressure because they work in their own strength.

1 Peter 4:11 “If anyone serves, they should do so with the strength God provides.”

The Pressure to perform results in Hypocrisy.

Matthew 23:27-28 “Woe to you, teachers of the law and Pharisees, **<u>you hypocrites</u>**! On the outside you appear to people as righteous but on the inside you are full of **<u>hypocrisy and wickedness</u>**.”

Please turn over

Genesis 6:5 “The Lord saw how great **<u>the wickedness</u>** of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time.”

Song of Solomon 1:6 “They made me the caretaker of the vineyards, but I didn't take care of my own vineyard.”

3. THE <u>PATH</u> TO FREEDOM.

Luke 10:42 “But **only one thing is necessary**, for Mary has chosen the good part [that which is to her advantage], which will not be taken away from her.”

Luke 10:39 ”She had a sister named Mary, **<u>who seated herself at the Lord’s feet and was continually listening to His teaching</u>**.”

Prayer is both listening and talking to God.
Sit, listen and do what Jesus says.

Isaiah 30:15 “For the Lord GOD, the Holy One of Israel has said this, ‘In returning [to Me] and rest you shall be saved, in quietness and confident trust is your strength.” But you were not willing.”

Revelation 2:2-3 “I know your deeds, your hard work and your perseverance. You have persevered and have endured hardships for My name and have not grown weary.”

Revelation 2:4-5 “Nevertheless, I have this against you, that you have left your first love. Remember therefore from where you have fallen; **<u>repent and do</u>** the first works, or else I will come to you quickly and remove your lampstand from its place - **<u>unless you repent</u>**.”

Please turn over