



SERMON OUTLINE NOTES

I. OUR NEED FOR WISDOM AND DISCERNMENT

- A. We need wisdom for the sake of our witness (**Colossians 4:5-6**)
- B. Given our Information Age, we need wisdom and discernment to navigate the abundance (**Philippians 1:9-10; Colossians 1:9-10**)
 - 1. Multi-tasking and our stressed brains
 - 2. Undifferentiated information diminishes our discernment (**Matthew 23:23**)
- C. Discernment can be learned by practice (**Romans 12:2; Hebrews 5:11-14**)
 - 1. A renewed mind comes through Christ by the Spirit (**Ephesians 4:17-24**)
 - 2. Discernment helps us choose what is good, better and best

II. CHRIST IS THE BEST PORTION (LUKE 10:38-42)

- A. Martha and Mary pursue what is good (**Luke 10:38-39**)
 - 1. Martha provided hospitality (**Luke 10:38**)
 - 2. Mary sat at Jesus' feet (**Luke 10:39**)
- B. Martha is distracted, anxious, and troubled (**Luke 10:40-41**)
 - 1. Her distraction diminished her discernment and made her unwise (**James 3:13-17**)
 - 2. "Many things" were the source of her anxiety and trouble
- C. Mary discerned the best portion (**Luke 10:42; Psalm 16**)

III. OUR DISTRACTED AGE

- A. When we are distracted, we lack the focused attention we need to live wisely in our world
- B. We must ask ourselves the question "how might distraction present barriers to the gospel?"

SERMON REFLECTIONS

1. Why do we need wisdom for the sake of our witness?
2. How does multi-tasking and undifferentiated information diminish our discernment? Why is a diminished ability to discern problematic?
3. What insights did you glean from the episode of Martha & Mary? What specific applications could you make to your life?
4. How have you found yourself distracted? What were you distracted by? How does distraction affect you emotionally, mentally, and/or physically?
5. How might distractions present barriers to the gospel? How can distractions keep you from choosing the best portion – learning Christ?

LUKE 10:38-42

Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."