

Mary & Martha: Distracted & Devoted

Luke 10:38-42 (ESV) 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."

Why do we settle for less than God's best?

"Hurry is violence on the soul." -John Mark Comer, The Ruthless Elimination of Hurry

- _____ is one of the great obstacles to loving God.
- Hurry keeps you from a healthy _____.

Have you become content to settle for far less than God's best?

Isaiah 55:1-3 (NIV) Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. 2 Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is

good, and you will delight in the richest of fare. 3 Give ear and come to me; listen, that you may live.

John 6:27 (NIV) Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you.

Three practical takeaways for eliminating hurry and adjusting your spiritual diet:

First: take time to review your _____.

Second: determine where you are _____.

Third: let the food that enters your heart each day be food that God has _____.