

Mary & Martha:

Distracted & Devoted

Small Group

Discussion Questions

1. What does “choosing the good portion,” as Mary did, look like in your daily life? How can you prioritize listening to Jesus over busyness?
2. In what ways do we tend to settle for “junk food” spiritually, and how can we intentionally seek the “richest of fare” that God offers?
3. Have you ever experienced “hurry sickness” in your life? How does rushing around affect your relationship with God and others?
4. What are some practical steps you can take to slow down and be more present in your personal walk with Christ?
5. What areas of your “spiritual menu” need an audit? Are there habits, activities, or distractions you need to cut back on to better focus on God?
6. How can we avoid the trap of rationalizing less nutritious spiritual diets, like entertainment or material success, as enough?
7. What does it mean to “taste” and “see” that the Lord is good? How have you personally experienced His goodness?
8. The story of Mary anointing Jesus’ feet demonstrates devotion and love. How can we cultivate a deeper love and devotion for Jesus in our daily routines?
9. How does worry and busyness distract us from the “one thing” Jesus says is necessary (being with Him)? What changes can help you stay focused on this priority?
10. What is one specific action step you can take this week to “eliminate hurry” and intentionally feast on God’s Word and presence?