



DR. LUKE
remedies for a hurting world

Remedy for a Busy World

SUNDAY, AUGUST 16, 2020

Key Scriptures: Luke 10:38–42

DISCUSSION GUIDE

When someone asks, 'How are you doing?' Do you ever respond with, 'I'm so busy!' In our culture, it seems we've elevated being busy as a status symbol. Being busy has become our identity. And we use it to distract us from dealing with our issues, creating deeper relationships, and connecting with God. We'll see from the story of Mary and Martha, that God has better than busy.

DISCUSSION QUESTIONS

1. Think back to Sunday's message. What do you remember? Review your notes if you have them. If you're with a life group, talk with them about anything you found memorable or confusing.
2. Read the key scripture. What was Martha's priority? What are your three greatest priorities today? What did Jesus say should be our greatest priority?
3. Do you struggle with focusing on how much you have to do compared to other people's schedules and activities? Do you feel like you are "anxious and troubled by many things"? What are three things in your life that distract you from spending time with God?
4. While Martha was busy cooking, cleaning, and playing host to Jesus and the disciples, what was Mary doing? Was she right or wrong for not helping Martha?
5. In verse 41, the passage more literally reads, "Mary has chosen the better portion." Look up Numbers 18:8-29 and Lamentations 3:23-24 and share what background they give concerning Jesus' use of the word "portion." What insight does this provide as to how we should see our time with the Lord?
6. Read Psalm 46:10. Our society doesn't like the thought of being still. Being still is another way of surrendering to God. In what area of your life do you need to be still and reflect on God?
7. What's one thing you learned from Sunday's message and today's discussion that will help you become a better disciple of Christ, and help others to do the same?

NOW WHAT?

Slow down and seek the better. This week, S.O.A.P. every day.