Luke 10 Martha and Mary   
**Full of the unnecessary**.  
Luke 10

Task oriented guy. do lots of things  
Fast, flexible and fluid  
  
**1. Stop playing the Blame Game***But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” Luke 10:40*

Martha was not doing a bad thing.  Taking care of her guests was admirable.  True hospitality is always in style.  
Jesus is teaching and Martha interrupts.  
*Mr Messiah, no one is in the kitchen to make the guacamoles*

What starts as dedication, drifts to irritation  
Comparison only breeds anxiety and discontent.   
Martha was hospitable, focused on details, eager to help  
So busy great intentions  
*"where a woman named Martha welcomed him into her home."* Luke 10:38  
Like many Christians, Martha was…  
Distracted, worried, upset, rushed, busy, stressed, overloaded  
It is not sustainable in the ministry for Jesus

Martha had to stop blaming the Lord for not caring, stop blaming Mary for not helping, meal to get ready, and sit down with a teachable heart and listen to what the Lord was teaching without worrying about her roast in the kitchen

We can become consumed with things that really simply don’t matter

It’s not your mate’s fault, your kids’ fault, your boss’ fault, or your roommates’ fault. It’s not your impersonal schedule’s fault! It’s your fault! You’ve got to humble yourself by confessing your sin to God and you’ve got to put it in your schedule when you’re going to spend time with Him.

**2. Make Time to Sit before God***Her sister, Mary, sat at the Lord’s feet Luke 10:39*

Make time for spiritual preparation not just physical preparation Busyness and slowing down.

pay attention to what is going on. Don't get distracted  
*But I fear that somehow your pure and undivided devotion to Christ will be corrupted, just as Eve was deceived by the cunning ways of the serpent. 2 cor 11:3*

Satan just distracts us… New headlines, kids, future, meals, money  
Do you have margin in your life.

Women were one of the followers of Jesus  
Jesus had a counter cultural approach to women  
He allowed them to be students, sit in the front  
This is an ancient tradition that a student or disciple would sit at the feet of the One with authority. Mary's posture shows that she was the student and He was the Master Teacher. She was submissive to His authority.

- Select a specific time.  
The best time to have a quiet time is when I am at my best .

Reasons for considering an early morning quiet time:  
•The example of Bible characters. (Abraham, Jacob, Moses, Hannah, Job, Hezekiah, David, Daniel, Jesus, etc.)

•It seems logical to begin the day with it.“The best time to tune your instrument is before you play the concert, not after!”

•It demonstrates that meeting with God is your first priority. You give Him the first part of your day.

-You are likely to be more rested, your mind is less cluttered, and it’s often the quietest time!  
Whatever time you set, make sure you are consistent

3 Guidelines  
• Start with 15 minutes and let it grow.  
• Don’t watch the clock!  
• Emphasize quality, not quantity!

- Choose a special place.

*“Jesus left the city and went, as He usually did, to the Mount of Olives ... to pray.”Luke 22:39*

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed.”Mark 1:35*

**3. Listen to God***"listening to what he taught." Luke 10:39  
"the Holy Spirit—he will teach you everything and will remind you of everything I have told you." John 14:26*

Jesus pinpoints two enemies of discipleship:

Distractions and Anxiety   
go to bed earlier….  
have paper to write down distractions and thoughts  
Maybe walk during prayer time  
listen to podcasts while driving. Christian music for awhile  
**read, pray, mediate: Read Luke  
  
Andy Stanley said courage to do what God is calling you to do  
-Courage to stay when it's easier to leave  
-Courage to leave when it's easier to stay  
-Courage to get help when it's easier to pretend  
-Courage to submit when it's easier to power up**

Matthew 6:34 Message  
*34 “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.*

Write down positive promises from God  
Let the word of Christ dwell in you richly.

**4. Prioritize your activities***42 There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.” Luke 10:42*

Intentional living. Priorities: get them straight  
comes before everything else. Meaning of priority  
should be one answer.

When everything seems equally important, you haven't prioritized  
Don't buy into the priorities of our culture.  
Money, things, etc….  
Col 3:2 Message. *Don’t shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that’s where the action is. See things from his perspective.*We need to set our priorities according to what is important to our "boss," our Lord and Savior.

saying yes to Jesus, no to other things  
if we don't do whatever, will it still be ok.   
Simplify. Do a few things well.  
 The one thing I ask of the Lord— the thing I seek most—is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.*Ps. 27:4*

No, dear brothers and sisters, I have not achieved it,[[d](https://www.biblegateway.com/passage/?search=phil+3&version=NLT#fen-NLT-29395d)] but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, **14**I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. *phil 3:13*

The man answered, “‘You must **love** the Lord **your**God with all **your** heart, all **your** soul, all **your**strength, and all **your** mind.’ And, ‘**Love** **your neighbor** as **your**self.’” *Luke 10:27*What is it? Love God, Love Others.

JESUS  
read God's word, the Bible  
Talk to God, prayer  
Go to church, more important than soccer games, whatever  
Talk about Jesus to others: witness  
Give to God, money, time, attitude  
Worship Him - think about him always  
WIFES  
  
OTHERS  
compassion and justice  
Love, caring, patience, hospitality,

YOU

Don't run on empty, but walk on full.