

# Keys To Living A Focused Life

## ● Choose the better way

"You are worried and upset about many things, but few things are needed — or indeed only one. Mary has chosen what is better, and it will not be taken away from her." **Luke 10:41b-42 NIV**

## ● Sit and soak at the feet of Jesus

"Mary sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made." **Luke 10:39-40a NIV**

"Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." **Matthew 11:28-30 NIV**

## ● Serve out of love for Jesus

"She came to Him and asked, 'Lord, don't You care that my sister has left me to do the work by myself? Tell her to help me!' 'Martha, Martha,' the Lord answered." **Luke 10:40b-41a NIV**

"Let all that you do be done in love." **1 Corinthians 16:14 ESV**

"Whatever you do, do it all for the glory of God." **1 Corinthians 10:31b NIV**



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Open To All Who  
Feel Unfocused

"The Son of Man came eating and drinking, and you say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.'" **Luke 7:34 NIV**

"As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. She came to Him and asked, 'Lord, don't You care that my sister has left me to do the work by myself? Tell her to help me!'

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed — or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'" **Luke 10:38-42 NIV**

## Unfocused Living Leads To...

**Imbalance**

**Distraction**

**Self-absorption**

**Resentment**

**Worry**



Next Week...  
Open To All Who Feel Unclean



This Study Guide is designed to help you apply Sunday's message. Join one of our message-based Community Groups to do this study together. Visit the Groups table after service to find a group!

**LESSON AIM: The aim of this lesson is to realize Jesus is open to all who feel unfocused.**

BELONG in God's family:

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**CHECK IN:** (optional) Let's briefly share with each other how we've been doing this week.

**OPENING PRAYER**

**ICEBREAKER:** What is top on your "To Do" list when preparing for company? Do you tend to be anxious or excited when you have company?

BECOME like Jesus:

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1. Sunday's message was in regards to Mary and Martha and their different responses to Jesus as their guest. What did you learn that will help you refocus on what's really important in the various circumstances life brings your way?
2. Read Luke 10:38-42. Which sisters do you tend to be like? What do you think Jesus meant in His response to Martha's request? If you were Martha and had just opened your home to guests, were providing a meal and asked your sister for a little help, how would you have responded to Jesus' answer?
3. In verse 41 Jesus said to Martha "You are worried or upset about many things or details." What do you think He was referring to – the cooking, cleaning or the condition of her heart and attitude? Do you think Martha's focus was really on Jesus or her own needs being met? Share a time when "the details" may have made it hard for you to focus on what was really important.

4. In verse 42 Jesus said "There is really only one thing to be concerned about." Describe what you think that means. In this story how would you have chosen what to focus on? How does our worry and distraction prevent us from truly being present with Jesus?
5. Read 1 Corinthians 12:27-31. Mary and Martha both loved Jesus and were using their gifts to serve Him. Martha thought Mary's style of service was inferior to hers and needed correction. How was Martha actually neglecting her guest by doing this? Describe how our gifts without focus can possibly do more harm than good at times.

BLESS others:

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In our culture of hectic schedules and pursuits of productivity it's tempting to measure our worth by how busy we are. How might following Mary's example lead to better listening and refocus us on what's really important? In what relationship would you benefit from focusing on the person rather than the task involved?

BUILD God's kingdom:

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What events or opportunities are coming up in which you can focus on what's really necessary and important? In what way can making time to sit and prepare your heart make you a better student of Christ? In what way would this make you a more effective witness?

BELIEVE God and act in faith:

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This open table at the home of Martha had a profound outcome in her relationship to Jesus and to her sister Mary. What do you sense God inviting you to do in response to this study?

**PRAYER:** What challenge are you facing this week? How can our group pray and support you?



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