

Overwhelmed WK3 - Make Room for What Matters

Psalms 90:14-17; Proverbs 4:20-23; Luke 10:38-42; John 15:4-5

When everything feels _____, nothing receives our full _____.

_____ things can become _____ things when they keep us from what _____.

Our _____ for Jesus must flow from _____ to JESUS.

Jesus brings _____ when everything feels _____.

The _____ thing is _____ the Word of Jesus as His _____.

MY NOTES | OBSERVATIONS | QUESTIONS

GUEST CONNECT



NEXT STEPS



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PRAYER REQUEST



DONATE



OVERWHELMED WK3: MAKE ROOM FOR WHAT MATTERS — ADULT DISCUSSION GUIDE

1. What is one thing from the message that God used to encourage, challenge, or grow you?
2. Think about and share a season when several responsibilities felt equally urgent. How did that pressure affect your attention, attitude, and relationships? Share your story.
3. Our culture often celebrates full schedules and constant productivity. Why is it easy to give urgent demands more attention than what matters most? How can this distract us from Jesus?
4. Read Luke 10:38–42. What was good about Martha's desire to serve? According to the passage, what caused the distractions? What other distractions could have been caused here?
5. What do Martha's words reveal about how distraction and frustration affected the way she saw Mary and Jesus? What does Jesus' response reveal about His character and what He considered necessary?
6. Mary sat at the feet of Jesus and listened to His Word. What does this teach us about being a disciple of Jesus? Why must our service for Jesus flow from listening to Jesus?
7. Read Psalm 90:1–2, 10–12, and 16–17. What do these verses reveal about God, the limits of our time, and our need for wisdom? How should these truths shape the way we evaluate our priorities and responsibilities?
8. What one good responsibility is displacing time with Jesus and His Word? What is your best next step for His Word to have attention this week? Share with the group and pray for one another.

OVERWHELMED WK3: MAKE ROOM FOR WHAT MATTERS — YOUTH DISCUSSION

1. What is one thing from the message that God used to encourage, challenge, or grow you?
2. When do school, homework, sports, activities, friendships, family, or your phone compete most strongly for your attention? How does feeling pulled in several directions affect you?
3. Read Luke 10:38–42. What was Martha doing that was good? What distracted her, and how did her distraction affect the way she spoke to Jesus and treated Mary?
4. Jesus said that Mary made the right choice by sitting at His feet and listening. What does this teach us about following Jesus? How can we listen to Jesus through His Word without using that as an excuse to avoid responsibilities?
5. Read Psalm 90:12 and 17. What does Moses ask God to help him understand and do? How could praying for God's wisdom change the way you use your time and choose what deserves your attention?
6. What is one good thing that sometimes receives more of your attention than Jesus and His Word? What is one specific change you can make this week to give Jesus your attention and follow what He says? Share together and pray for one another.

Prayer Requests:

SOAP! Take a few minutes to SOAP through the passages referenced in the message. Find them at the top of the notes page. You may want to include verses before or after the passage too.