



# Faith and Life Series

To be used in your Life Together Group

## Week 3: "Taking Care of Busyness"

Week of February 4, 2018

### Welcome

Let's get to know each other. (15 min)

If your group eats together, use this question during your meal:

Q: If you could be any other person in the world besides yourself, who would you be and one reason why you would like to be them.

### Worship

Let's enter the presence of God together.  
(10-15 min)

Read Isaiah 30:15-18

According to verse 15, where do we find salvation and strength? Why is it so hard for most of us to be still and quiet before God?

### Word

Let's interact with God's Word. (40 min)

Read the story about the disciples Mary and Martha in Luke 10:38-42

1. If you were to try to describe the differences between Mary and her sister, Martha, what personality traits would you give them according to these verses?
2. Have you ever felt like all the work of a project was on your shoulders? Describe that feeling.
3. Have you ever said the words, "Lord, don't you care that..." about some situation you faced?

### Word

Continued...

4. What do you think of Mary's decision to sit at Jesus' feet and listen?
5. Why did Jesus say that Mary's choice was better?
6. Read Ecclesiastes 3:1-8. How do these verses inform our understanding of priorities and timing?
7. What can you learn from this story for your own life and priorities?
8. How do we discern what is a distraction from what is a priority?

### Witness

Let's focus on who we can reach out to.  
(10 min)

Take time to pray for one another. If you have a larger group, break into groups of four and pray for each other.

**Practicing Silence:** This week, your mission, if you choose to accept it, is to practice being quiet before the Lord! Choose a time, preferably in the morning, where you can find a place where there are no distractions for about a half hour. **DO NOT EVEN HAVE YOUR CELL PHONE WITH YOU!** Make sure it is a quiet place with no other people around.

Take at least 15 minutes to just be silent, and listen...listen to the sounds of nature if you are outside, listen to your heart, bring a pad of paper with you, and **AFTER** those 15 minutes, write down what you sensed.

**Then for the next 15 minutes, read and meditate on these scriptures, one per day:**

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|------------------------------|-----------------------------|
| 1. Day 1: Psalm 23           | 5. Day 5: Ephesians 3:14-21 |
| 2. Day 2: Psalm 46           | 6. Day 6: Psalm 1           |
| 3. Day 3: Psalm 121          | 7. Day 7: Psalm 100         |
| 4. Day 4: Philippians 4:4-20 |                             |