



November 9, 2025

Series: Week 2

Pastor Daryl

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BEING before DOING - STAND SUNDAY 2025

The DISTRACTION of EVERYDAY ACTIVITY (Martha's Struggle)

Martha's desire to serve was **good**, but her focus on the **activity** led to **distraction** and **anxiety**.

- **The Problem:** Martha was "distracted by her many preparations" (v. 40). Her focus shifted from the **guest (Jesus)** to the **menu and the maintenance**. We often fall into the same trap, letting the everyday tasks of ministry, family, or work consume our peace.
- **The Pitfall of Performance:** We can easily equate our worth and spiritual value with our **busyness**. If we are serving, organizing, teaching, or giving, we feel productive. But if these actions are not flowing from a place of peace and connection with God, they become a source of irritation and complaint, even against those closest to us (Mary).
- **The Takeaway:** Service that is not rooted in quiet connection with God often breeds **resentment** and **exhaustion**.
- **Consider:** What activities can lead to distraction? What might need to change in your life? How?

The PRIORITY of PRESENCE (Mary's Choice)

Mary chose the single, simple, and essential act of **being present** at Jesus' feet, which Jesus Himself commended as the "**discovery**" (v. 42)

- **The Posture of a Disciple:** Mary was **seated** (v. 39). This was the posture of a learner, a disciple. She wasn't just *near* Him; she was **attentive** to His word. To sit at Jesus' feet means prioritizing listening and learning before activity.
- **The Essential Ingredient:** When the King is in the house, the **conversation** is more important than the **cuisine**. What Mary was receiving—Jesus' teaching and presence—was the **one thing** that could not be taken away. No amount of work can replace the spiritual nourishment of Christ's presence.
- **The Takeaway:** **Spiritual health is measured by the quality of our *abiding*, not the volume of our *doing*.** We must choose the discovery of presence and quiet devotion first.
- **Consider:** Are you only near God or at His feet? How do you practice the priority of presence?

ONE over MANY (Jesus' Response)

Jesus gently corrected Martha, not because her service was wrong, but because her **priority** was misplaced.

- **The Gentle Rebuke:** "Dear Martha," Jesus said, "you are worried and upset over all these details, but **only one thing is worth being concerned about**" (v. 41-42). He wasn't dismissing her work; He was cutting through her stress to the core issue: a lack of peace and a distorted priority list.
- **The "One Thing":** That "one thing" is the deep, quiet, uninterrupted **communion with Him**—the "*being with*" that Mary chose. Everything else—our tasks, our ministries, our preparation—flows out of this centered place or it becomes a source of stress if it doesn't.
- **The Takeaway:** If we want our service *for* God to be joyful and fruitful, it must be the **overflow** of our peace and presence *with* God. We must regularly pull away from the distractions of "many preparations" to be still and listen.
- **Consider:** What's your power source to walk thru the day? BEING or DOING, what's your priority?

Matt Stohrer & Mariah Kling (Keystone Family Alliance)

Consider:

- Everybody can do something. What's your something?
- What did you hear from Matt and Mariah's words that have made an impact on you?
- What might be some action steps that you can pray about when it comes to caring for the children and families in the foster care system?
- What is your view of God after hearing Mariah's story?
- Consider connecting with Michelle Zeisloft, here at Lebanon Free, to get involved in care communities thru KFA.
- There is work to be done, make sure that you are **BEING** before **DOING**!



Luke 10:38-42 (NLT)

³⁸ As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord's feet, listening to what he taught. ⁴⁰ 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."

⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

Personal / Take-Home / Reflective Notes:

Fun Doodle Area: