

# Kicks & Conversations

## Part 4: A Mule and a Runner: Mary and Martha

WEEK OF OCTOBER 3, 2021

In this story, Jesus tells us how to escape anxiety and find the deepest kind of peace.

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### MESSAGE NOTES AND HIGHLIGHTS

- The story at the home of Mary and Martha (Luke 10:38-42)
- “Martha was distracted...” | Luke 10:40
- “...you are worried and upset about many things, but few things are needed—or indeed only one.” | Luke 10:41-42
- The average American spends 11 hours and 54 minutes each day connected to some form of media.
- “Be still and know that I am God.” | Psalm 46:10
- Old saying: “If the devil can’t make you bad, he’ll make you busy.”
- God wants to do more in and through you than you could ever imagine: you just need to stay connected to the source.
- We only have so many hours in a day, and our minds and hearts and souls only have so much bandwidth.
- If you can’t preserve your ability to regularly be still and truly know God, nothing else matters.
- We all struggle with being distracted and worried and upset because we’re human. We need to be intentional with our habits and patterns to make space for the one thing that’s needed.
- If you take inventory of what dominates your time and thoughts, what would it reveal?

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### DISCUSSION QUESTIONS

1. The story of Mary and Martha shows us how our distractions, stress, and worry can keep us from what’s most important. **What are your top three sources of distraction, worry, and/or stress?**
2. There’s an old saying: “If the devil can’t make you bad, he’ll make you busy.” **How busy are you? How packed is your schedule? How do you think that affects your ability to focus on what’s most important in life?**
3. Psalm 46:10 says, “Be still, and know that I am God.” Additionally, Jesus tells Martha that Mary has chosen what is better—to sit and be present with Jesus. **Why do you think scripture emphasizes being still and present with God as a priority? What impact do you think this principle has or could have on you?**
4. Let’s get practical. **If you take an inventory of what dominates your time and thoughts, what would it reveal? And what’s something you can eliminate or reduce this week to make space for what’s most important?**