

For new groups meeting for the first time:

If you are a new group, take some time to get to know each other. Have everyone share about themselves using the acronym FORD: **F**amily, **O**ccupation, **R**ecreation, **D**ream. Also ask how they have been holding up through the quarantine.

Discussion Questions

Set Up: Did everyone get a chance to listen to Pastor's Steve video teaching for today? (I will send these out each week.) Pastor Steve taught about Mary and Martha and how if we are not careful, busyness can crowd out the important things in life.

- 1) To get our discussion started, let's start by having everyone answer: Do you tend to be more task-oriented or relationship-oriented, and how does that play out in your life?
- 2) Let's take a look at Luke 10:38-40. I will read it out loud, and if you have a Bible handy you can read along. If not, just take note of how Mary and Martha have different approaches to Jesus's visit.

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 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!"

What do you observe about Mary and Martha's reactions to Jesus's visit in this passage?

- 3) In fairness to Martha, I am sure she felt unsupported and overwhelmed, and her response was to be distracted, worried, and bossy. When you are feeling overwhelmed, how do you tend to respond?
- 4) In what ways does culture push us to overextend ourselves?
- 5) Now let me read Jesus's response to Martha in verses 41-42. He says ...

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

When we overextend ourselves, we are in danger of missing what is most important. How do you keep yourself from missing the things that matter most in day-to-day life?

- 6) Have you found that you have been busier, less busy, or about the same during these past few weeks?
- 7) For many Christians, the thought of implementing a true day of Sabbath rest seems unrealistic. Why do you think that is?
- 8) Have any of you had success with keeping the Sabbath either currently or at some point in your life?
- 9) What is one intentional step you can take toward carving out some time each week for Sabbath rest?