

# ONE NECESSARY THING

## Introduction

Stress stinks ... literally! But more than that, stress harms us physically, spiritually, emotionally and relationally.

*Luke 10:40 – (Jesus) “...one thing is necessary...”*

## Discovering the essential way of Jesus...

### 1. Recognize what “Martha mode” really is.

*Luke 10:38 – “... as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house.”*

*Luke 10:40 – ... Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.”*

*Luke 10:41 – ... the Lord answered her, “Martha, Martha, you are anxious and troubled about many things...”*

### 2. Cultivate “Mary mode” through a habit of listening.

*Luke 10:38 – ... (Mary) sat at the Lord's feet and listened to his teaching.*

*Ephesians 2:14a – (Jesus) himself is our peace ...*

*John 10:27 – (Jesus) “My sheep hear my voice, and I know them, and they follow me.”*

*Romans 12:2 – Do not be conformed to this world, but be transformed by the renewal of your mind...*

### 3. Seek help to change from Jesus who understands us and the human experience of stress.

*Luke 10:41 – ... the Lord answered her, “Martha, Martha, you are anxious and troubled about many things...”*

*Matthew 28:20 – “...I am with you always...”*

*1 Peter 5:7 (NLT) – Give all your worries and cares to God, for he cares about you.*

*Ephesians 4:6 (NLT) – Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

## Purposeful reflecting...

- Ask the Lord to speak, then spend five minutes in silence. (Use a timer!) Notice what you notice (maybe take notes).

### Experience

- Do you ever experience the distracting “thought loops” of Martha mode? If so, how do these impact your life and relationships? What difference does it make to observe how Jesus cares about this and to know He wants to help us find a better way?

- Have you had a time when you sensed the Lord’s “voice”? What were the circumstances? How did it impact you? (This is likely not an audible voice. It may be more like a thought or word that occurs to you, seemingly not from your own mind. It may be an image or an impression or something you encounter in creation. It may be a verse of Scripture that just “occurs” to you and offers helpful guidance for something you’re facing.)

### Transform

- Do you have a regular time of silent listening for the Lord’s voice? (Important: This is a time of deliberate stillness, when you’re not doing anything else, like driving to work!) If not, what changes do you need to make to have room for a regular time to listen for God’s voice? (Examples: turn off the TV to make time before bed; adopt an earlier bedtime for an earlier start the next day; begin a different lunch-time routine, etc.) Will you do it? When?

- Even if making these changes doesn’t seem too daunting, ask the Lord for help. Confess your need and desire to change. Sometimes we have to ask even for the desire to desire it. That’s okay, too.

### Share

- If you’re seeking to make a change, tell a fellow Christ follower and ask that person to pray for you. Plan a specific time when you will give that person a report on your progress. (This could be a group commitment.)

- If you’ve had an experience of hearing from the Lord, tell someone who might be interested, encouraged (or amazed) to hear about it. You could start by asking permission with a question like this, “Could I tell you about something spiritual that happened to me?” Then share what you experienced and what it meant to you.