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PRAYER

Pray that God would be at the centre of every aspect of our lives, especially as we assemble here today.

WARM UP (OPTIONAL)

What is one thing you must have with you when you go about your average day?

NOTES

WORD

³⁸Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰But 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." ⁴¹But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴²but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

[Luke 10:38-42](#) (ESV)

⁴One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.

[Psalm 27:4](#) (ESV)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1 to 10 (1 being completely at peace and 10 being crippled with anxiety), what would you consider your rating of anxiety and trouble? Why do you give yourself this rating?
2. What does it mean to you when you hear the words, "Dwell in the house of the Lord all the days of my life"?
3. Can you relate more to Mary or to Martha when it comes to the passage in Luke 10? What is your reason for choosing Mary or Martha?
4. Do you seek after dwelling with God? Do you actively pursue him? If you do, how do you pursue God in a deep way? If you don't, would you like to pursue God?
5. Would you consider your life a fulfilled one? Why or why not?

PRAYER LIST