

SLOWING DOWN- TIPS FROM JESUS TO MARTHA – Lk 10:38-42, 9/4/22

GETTING OUR FEET WET-

- The 1997 Emmys
- The text & the new generation

DIVING INTO SCRIPTURE – Luke 10:38-42

➤ **Are followers of Jesus exempt from hurry?**

➤ **What drove Martha?**

- Birth order?
- Personality? Jn 11:20-32,39
- Culture?
- Future/deadline oriented?
- Dedicated to Jesus?

➤ **What was Jesus’ answer? – tips to slow down- Luke 10:41-42**

Jesus’ Answer	Jesus’ Tip
Martha, Martha	I _____ you. I know you. Slow down.
You are worried & upset about many things	Own your e_____ & d_____
But only one thing is needed	Re- prioritize over one thing = _____
Mary has chosen what is better	You’re not trapped. You can choose too. (Stop judging others. Judge yourself.)
And it will not be taken from her.	I will reward you too, when you re-prioritize now.

TAKING IT HOME – HOW CAN WE SIT AT JESUS’ FEET?

- Step 1 - OWN the distraction
- Step 2- LIMIT the distraction
- Step 3- PUT the distraction under Jesus’ feet
- Step 4- TAKE a MINUTE at Jesus’ feet- spirit, soul, & body (I Thess 5:23-24)
 - RELAX your body- head to toe- Prov 3:8, Ps 139:14
 - QUIET your mind (intellect, emotion, will)- love, joy, peace, patience, kindness, goodness, gentleness & self-control- Fruit of the Spirit-Gal 5:22-23
 - CENTER your spirit- picture Jesus, a quiet garden, woods, heaven; sing, worship, Rev 4-5, Jn 7:37-39 (The Spirit flows from the throne, Word & our gut)
- Best times- wake up, go to bed, mid-day, before & after- Devotions, naps
- I personally benefited from this 11-session podcast, usually under 30 minutes each- <https://podcasts.apple.com/us/podcast/fight-hustle-end-hurry/id1480300467?i=1000453850659>

❖ **WHAT’S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others!

Heavenly Father, slow me down. Help me to abide, rest, wait on You. Your yoke is easy. Your burden is light. When I get out of sorts, anxious, hurried, show me where I am carrying the wrong burden... or the right burden in the wrong way. I give you my distractions- phone, Facebook, Twitter, video games, Netflix, TV... Take charge Lord Jesus! Help me to sit at Your feet. I especially feel You saying to me...