



WEEKLY STUDY

WEEK ONE - Jesus Over Us

NOTE: (The content in this study parallels the content in the Study and Prayer Journal created for this series)

Jesus took time to visit with his friend Mary and Martha. He was on his way to Jerusalem, and ultimately to the cross. He seemed to see each moment spent with his disciples as precious. That's how he feels about his time spent with you. We might be tempted to put our calendars, our rules, our to-do lists over him, but he demonstrated in Luke 10 that he would rather have us sit at his feet. Jesus over us.

Peace of Christ,
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections. If you would like to get connected visit prov.church/smallgroups.

DAILY STUDY

MONDAY: LUKE 10.38-42 (NIV)

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!"

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."

- At first pass, it seems that the one who listens is better than the one who serves. But contemplation vs service is a false dichotomy. Jesus sees that Martha was distracted by her service. She let serving be the main thing as opposed to being open to the fullness of the moment when the Son of God was in her home!

No leader or person of fame compares to Jesus, but you might imagine what it would be like to have an audience with someone you look up to. Would you work so hard to make them feel special that you miss a chance to actually sit in their presence? Could there be a circumstance in which serving others would be more about the one serving than the ones being served?

- **Prayer Prompt: And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. (Hebrews 12.2)**
- *Jesus, you are the pioneer and perfecter of my faith. You are over everything in my life. Forgive me for the times I miss the mark and place myself and my own needs before you. Amen.*

TUESDAY: LUKE 10.38-42 (NIV)

- We can use distractions to avoid the holy. Sometimes we are tempted to hide parts of ourselves from God. We can stay busy—even in church—in order to avoid God seeing our shame and regret. By playing her role as hostess, Martha (intentionally or not) stayed out of the steady gaze of Jesus. Is there something you might be running from? Is there something you fear Jesus might see if you looked him in the eyes?
- **Prayer Prompt: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4.8)**
- *Lord God, help me to notice when my busyness is really for my own sake. Guide me to think about that which is true, noble, right, pure, lovely and praiseworthy. Amen.*

WEDNESDAY: LUKE 10.38-42 (NIV)

- When Jesus said, “Only one thing is needed” it may be that he was not undermining hospitality, instead he was saying, *only one dish is needed. Grab some bread and honey, that’s really all we need.* Every month or two we host a meeting for new folks who are interested in learning more about Providence Church. It takes place in the early afternoon and we always like to provide simple signs of hospitality...usually coffee and some type of cookie or dessert. Many times, the food is hardly touched. But the simple sign of hospitality is something we would never do without. It’s not that *nothing* is needed, it’s just that hearing from God is the most important thing. Are there some areas in your life that are overcomplicated? Where could you bring simplicity? How could focusing on just one thing allow you to truly focus on the One who wants you to be in His presence?
- **Prayer Prompt: He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6.8)**
- *Lord, I confess that I can aim for finding satisfaction in the work of serving rather than the Kingdom impact you desire for me to be a part of. You are the Lord of my life, not rules and tasks, but you alone. Amen.*

THURSDAY: LUKE 10.38-42 (NIV)

- Mary had the posture of a disciple. It really blew up the cultural norm. A proper woman of the house would have seen it as her duty to provide the atmosphere conducive to great conversation for the men who gathered there. Mary seems to have forgotten that norm, and Jesus loves it. The posture of a disciple in the presence of Jesus is at his feet, humble, eager to learn, and to catch a glimpse of the Kingdom of God he was wanting to point us to. In the space below, imagine what it would be like to sit at Jesus’ feet. What is going through your mind? What is not going through your mind?

- **Prayer Prompt: But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.³ Israel, put your hope in the LORD both now and forevermore. (Psalm 131.2-3)**
- *Jesus, in this moment I bow at your feet. I know there is much to be said and done, but nothing more important than attending to your word. Speak Lord, your servant is listening. Amen.*

FRIDAY: LUKE 10.38-42 (NIV)

- By this part of Luke, Jesus had set his face towards Jerusalem. Can you feel it? Everything has changed. He is driven towards the ultimate outcome of resurrection-life for his followers through his own sacrifice, crucifixion and defeat of death. And yet, he stops at the home of his good friends Mary and Martha. He doesn't seem rushed. He isn't looking over their shoulders. He is desiring a connection with them—that they might more deeply long for his kingdom. Do you think you may have ever rushed past a moment with Jesus? Reflect on the fact that the God of the Universe takes time to sit with you.
- **Prayer Prompt: Seek first his kingdom and his righteousness, and all these things will be given to you as well. (Matthew 6.33)**
- *God, you were clearly on a mission through the life of Jesus. He was focused on the one place he needed to go. Ultimately to sit at your right hand. But he was also focused on us. I will focus on him as he is focused on heaven. Amen.*

SATURDAY: LUKE 10.38-42 (NIV)

- Martha simply needed to choose that which is better. She was not wrong. The repetition of her name by Jesus “Martha, Martha” was not a rebuke but a sign of his love. He wanted her attention, he wanted her heart to be able to focus fully on his presence in her living room! Are there good things that have kept you from the One Thing—Jesus? Write them down here and consider how you might reprioritize time spent with Jesus.
- **Prayer Prompt: Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind,⁹ for he satisfies the thirsty and fills the hungry with good things. (Psalm 107.8-9)**
- *Jesus, I listen for your voice in this time of prayer. Speak my name. Repeat my name. Shake me out of my inward focus and allow me to be satisfied in your presence. You fill me with good things! Amen.*