

**“CHOOSING WHAT MATTERS MOST”**  
Running on Empty

**Introduction:** Three lies that keep us \_\_\_\_\_.

1. “There is not enough \_\_\_\_\_ to do everything.” (Circle One)

Never	Sometimes	Always	I Am
Say	Say	Say	Thinking
It	It	It	It

2. “It is just a busy \_\_\_\_\_ I am in right now.” (Circle One)

Never	Sometimes	Always	I Am
Say	Say	Say	Thinking
It	It	It	It

3. “But this is really \_\_\_\_\_.”(Circle One)

Never	Sometimes	Always	I Am
Say	Say	Say	Thinking
It	It	It	It

Luke 10: 38-42 (NIV) <sup>38</sup>As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup>She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup>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!" <sup>41</sup>"Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup>but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

- Our cultural lie: \_\_\_\_\_ is better!
- Biblical hospitality:

1. Someone would wash your \_\_\_\_\_.
2. You were offered \_\_\_\_\_.

**FOUR PATTERNS OF BUSYNESS**

1. Martha begins with good \_\_\_\_\_.

Luke 10: 38 (NIV) <sup>38</sup>As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.”

2. Martha was \_\_\_\_\_.

Luke 10: 40a (NIV) <sup>40</sup>But Martha was distracted by all the preparations that had to be made.”

3. Martha has a \_\_\_\_\_.

Luke 10: 40b (NIV) "She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself?!"

4. Martha develops\_\_\_\_\_.

Luke 10:40c (NIV) "Tell her to help me"

**BUSY IS NOT \_\_\_\_\_ . CHOOSING \_\_\_\_\_ IS BETTER.**

Luke 10: 42b (NIV) "Mary has chosen what is better, and it will not be taken away from her."

- In John 10 Mary is at the \_\_\_\_\_ of Jesus.
- In John 11 Grieving the loss of her brother, Mary is at Jesus' \_\_\_\_\_.
- In John 12 Mary brings perfume for the \_\_\_\_\_ of Jesus.

### **THREE STEPS TO DEVELOP A MARY HEART**

1. \_\_\_\_\_ the lie.

Proverbs 4:23 (TEV) "Be careful how you think: your life is shaped by your thoughts."

2. \_\_\_\_\_ the distraction

Galatians 5:15 (NIV) "If you keep on biting and devouring each other, watch out or you will be destroyed by each other."

3. \_\_\_\_\_ what is better.

Philippians 3:8 "(TEV) "I reckon everything as complete loss for the sake of what is so much more valuable, the knowledge of Christ Jesus my Lord. For His sake I have thrown everything away. I consider it all as mere garbage, so that I may gain Christ."

### **CONCLUSION:**

Ephesians 5:17 (LB) "don't act thoughtlessly, but try to find out and do whatever the Lord wants you to."

- Three simple steps.
  1. Assess your \_\_\_\_\_.
  2. Consider your \_\_\_\_\_.
  3. Learn from your \_\_\_\_\_.