



# OVERFLOW

## OVERFLOW 2

Pastor John continued with our Overflow sermon series on Sunday by looking at the story of Mary and Martha (Luke 10). In this story, Martha begins to feel so overwhelmed by all that she feels she needs to do that she actually misses out on actually being with Jesus. She becomes worried and upset, even beginning to wonder if Jesus actually cares about her, and affecting her sister Mary's ability to be with Jesus. What we see from this passage, then, is that we can become so preoccupied and overwhelmed with certain things that we actually miss out on where God is or what he might have for us. This week in lifegroup, we'll be taking time to consider what these things might be and how they affect us.

**VISION:** Explain the purpose of lifegroup.

### FAMILY TIME:

- Introduction Question: Have you felt overwhelmed by something recently?
- Share praise reports and prayer requests.

### DISCUSSION: LUKE 10.38-42

*<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 few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

Discussion Questions:

- What stands out to me from this passage?
- What do I learn about Jesus?
- What do I learn about people?
- What are the distractions in my life? Or things that cause me to worry and become upset?
- What happens when I become distracted, worried, or upset? That is, how am I affected or how do I respond?

- What might God want to say to me about these things?
- What does it look like to put this passage into practice this week? That is, how can I keep myself from beginning to become distracted, worried, or upset?
- Close by praying for each other.

### **PRACTICAL EQUIPPING:**

The reality is there are many situations in life that can cause us to become distracted, upset, or overwhelmed with worry. Many people actually just live with this and it feels normal. As Martha begins to feel these things, Jesus actually points out to her that she's missing out on something that's better. Let's take a few minutes on our own to ask God if we're missing out on what is needed or better.

- Are our distractions drawing us away from things that are actually more worthwhile?
- Are our worries and anger keeping us from seeing where God is or experiencing God in the present moment?
- Are our distractions, worries, and anger impacting our ability to love and care for those around us?
- Close this section by asking for God to help us turn away from the distractions, giving God our worries and anger, and inviting his Spirit to fill us and help us pursue that which is necessary or better.