



# SUNDAY SERMON RECAP & REFLECT

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**YOU'RE DOING TOO MUCH**  
**LUKE 10:38-42**

1. What are some of the benefits of being "busy"?
2. What are seven (7) signs that you may be doing too much?
3. Discuss why Martha was so upset with her sister Mary and why was she upset with Jesus? (Luke 10:40)
4. If we would like the Lord to respond to our request, how shall we seek Him?  
(Matthew 7:7-11; Hebrews 11:6)
5. How did Jesus respond to Martha's frustration? What does it mean when the Lord calls a person's name twice? How has God responded to you in your frustration? (Luke 10:40)

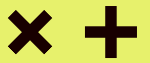
Relevant Question: What does this biblical text teach us about doing too much?

## **ACTION ITEMS:**

***Move #1: Don't be Stressed (Worry) Luke 10:41a***

Jesus did not rebuke Martha for "serving" because there's nothing wrong with our service. He rebuked her for allowing service to stress her out! We must keep the "main" thing the "main" thing.

Too much worry often leads to stress! What are some of the things we worry about most?



## Move #2: Don't be Stretched (Troubled) **Luke 10:41b**

It appears as if Martha was being stretched or pulled in multiple directions which is the primary reason she was so "troubled".

When life attempts to stretch us in multiple directions, what must be our response? (**John 14:1, II Corinthians 4:8-10**)

What's the difference between "good stretching" and stretching that is destructive?

## Move # 3: Be Seated



The text teaches us that while Martha was "serving", her sister Mary was "sitting" or "seated".

We all can learn from this pericope, the power of taking a seat!

The SEAT represents:

a) The Position of a Disciple/Student

What does it mean to be disciplined? (**Acts 22:3**)

b) The Power of a Teacher (**Luke 4:20-21**)

What does it mean to be a teacher/disciple-maker?

c) The Posture of Authority (**Ephesians 2:6**)

What are the benefits of being "seated" in Christ?

Stop approaching life from the "ground level" perspective and start seeing things from heavens perspective! When frustrations come, ask yourself what does Heaven (the Word) have to say about my situation?



### **Take-Aways, Tweets, & Texts:**

"Learn to legislate your life being SEATED in Christ!"

"Stop working on it and start SITTING on it!" Matthew 28:2

### **REFLECTION:**

How has/will this text TRANSFORM my life going forward?

