September 4, 2022

Emotional Margin (Luke 10:38-42)

## *Make margin to protect your most important relationships.*

Warming Up: If a famous person came to your home, would you be bustling to serve delicious food and provide great entertainment, or would you be sitting next to your guest listening?

*Read Luke 10:38-42*

READ

* What are the different personalities of Martha and Mary? What are their strengths and weaknesses?
* In what way is Martha’s culture dictating her behavior? What does Jesus wish for Martha?

What does Jesus say to her?

* What is God saying to you in these verses?

REFLECT

* What societal and cultural pressures distract you from sitting at the feet of Jesus? When have you thought that sitting alone with Jesus was less important than a task at work or at home?
* What can Mary teach us about putting first things first? By putting Jesus first instead of second or last, how can I expect my day to play out differently?
* How does what Jesus is teaching you in these verses line up with your life?

RESPOND

* How can you leave space in your life to create healthy margin? What are practical steps to make this a reality?
* What are your “first things”? (God, family, friends, self). How can you make sure that what is first in your heart is first in your life?
* How is the Spirit leading you to respond this week?