Study Guide: What Owns Your Heart?

Sunday AM-November 8, 2026

Introduction and Overview

This study guide explores the lesson **"What Owns Your Heart?"**, centered on the passage from **Luke 10:38–42** in the New King James Version (NKJV). The teaching examines how daily busyness, overcommitment, and endless tasks can quietly pull our focus away from **God**.

The lesson begins with a personal reflection from a teacher and coach working at Fort Huachuca. Balancing a full daily schedule—teaching until 3:00 PM, coaching basketball from 3:00 to 5:00 PM, coaching football until 7:00 PM, and traveling to late games in Willcox and Bisbee—demonstrates how easily life fills up. When faced with a packed week, the choice was presented to rely on the flesh or to dive deeper into **God's** Word. As the lesson notes, **God** presents believers with choices: it is always **Him** or our flesh.

A central risk for believers is not always obvious sin. Often, spiritual danger comes when we get caught up in doing good, noble things—such as working, parenting, coaching, volunteering, guiding ministries, and supporting others—while losing focus on **Jesus Christ**, the very **Provider** who gave us those opportunities.

Through the story of Martha and Mary, this study evaluates heart attitudes, subtle spiritual drift, and the difference between unhealthy shame and biblical conviction:

- **Martha's Hospitality and Distraction (Luke 10:38–40):** Martha welcomed **Jesus Christ** into her home, which was a good thing. However, she became distracted by much serving. Distraction caused her to experience inner frustration, entitlement, and resentment toward her sister Mary. Eventually, Martha questioned whether the **Lord** cared about her heavy load.
- **The Loving Correction of Jesus Christ (Luke 10:41–42): Jesus Christ** repeated her name—"Martha, Martha"—not in anger, but as a loving wake-up call to calm her anxiety. **He** pointed out that while she was worried and troubled about many things, "only one thing is needed." Mary chose that good part by sitting at **His** feet and listening to **His** word.
- **Sitting at the Feet of Jesus Christ Today:** Sitting at the feet of **Jesus Christ** means coming under **His** authority, receiving **His** Word, trusting **Him**, and responding in practical obedience.
- **Shame versus Conviction:** Unhealthy shame makes a person feel hopeless or inadequate. Biblical conviction, anchored in **Romans 8:1** and **1 John 1:9**, leads believers to confess their sins, adjust their disordered priorities, and receive **God's** grace and forgiveness.

Review Quiz: Short-Answer Questions

Instructions: Read each question carefully and write a concise response of 2 to 3 sentences based on the text.

1. In the opening personal reflection, what busy daily routine did the teacher describe regarding his work and coaching schedule? How did this packed schedule highlight the ongoing choice between relying on **God** versus relying on the flesh?
2. According to the lesson, what subtle spiritual risk can occur even when a person is engaged in good, non-sinful activities? How does doing good things potentially cause someone to lose focus on **God**?
3. What contrast is shown between Martha and her sister Mary when **Jesus Christ** entered their home in Luke 10:38–39? What specific action did Mary take that distinguished her from Martha?
4. What self-assessment questions are suggested in the lesson to help individuals evaluate whether **Jesus Christ** has first priority in their daily routines? How can examining a person's calendar or energy reveal what truly owns their heart?
5. What standard sequence of four emotional steps occurs when a person's busyness turns into spiritual frustration? How does overcommitment lead an individual to eventually question whether **God** cares?
6. In Luke 10:40, how did Martha direct her frustration, and what astonishing question did she ask **Jesus Christ**? How did **Jesus Christ** respond to her complaint regarding Mary?
7. Why did **Jesus Christ** repeat Martha's name twice when **He** answered her in Luke 10:41? What three specific purposes did this loving repetition serve in addressing her heart condition?
8. How does the lesson define the difference between being troubled by many tasks versus having a troubled heart condition? What scriptures outside of Luke are suggested to help someone dealing with anxiety?
9. What does it mean to "sit at the feet of **Jesus Christ**" in a practical sense for a believer today? How does this choice differ from simply organizing or participating in religious activities?
10. How does the document distinguish between unhealthy shame and biblical conviction? How do **Romans 8:1** and **1 John 1:9** guide a believer when their priorities have drifted away from **God**?

Quiz Answer Key

1. The teacher described leaving home at 6:30 AM to teach at Fort Huachuca until 3:00 PM, coaching basketball from 3:00 to 5:00 PM, and coaching football until 7:00 PM or later, including late game trips to Willcox and Bisbee. Electing to teach the spiritual lesson during this demanding week forced the teacher to stay immersed in **God's** Word, demonstrating that **God** presents believers with the continuous choice between serving **Him** or giving in to the flesh.

2. The lesson explains that a major spiritual risk is not always obvious sin, but getting so caught up in noble activities—such as working, parenting, coaching, volunteering, and guiding ministries—that focus on the **Provider** is lost. Believers can steadily serve others while gradually losing their hunger for the **Lord**, self-deceptively convincing themselves that everything they do is for **His** kingdom.

3. While Martha welcomed **Jesus Christ** into her home and became consumed with physical preparations and serving, Mary sat at the feet of **Jesus Christ** and listened attentively to **His** word. Mary prioritized receiving spiritual instruction directly from the **Lord**, whereas Martha allowed hosting duties to crowd out spiritual connection.

4. Self-assessment questions include asking what receives your first attention in the morning, what gets your best energy, what occupies your thoughts during free moments, what you are unwilling to rearrange, and what you consistently postpone. Examining calendars, spending habits, daily routines, and practical choices reveals what a person truly values above theoretical statements.

5. The four-step sequence begins with taking on too many demands ("I have so much to do"), leading to inner frustration ("Why am I the only one doing anything?"), which turns into resentment ("Nobody appreciates what I do"), and culminates in questioning **God's** care ("**Lord**, don't **You** care about what I'm going through?"). Overcommitment without heart evaluation produces entitlement and resentment, leading a person to interpret busyness as abandonment by **God**.

6. Martha directed her inner frustration at Mary, but brought her complaint directly to **Jesus Christ**, asking, "**Lord**, do **You** not care that my sister has left me to serve alone? Therefore tell her to help me." Instead of taking Martha's side or validating her victim mindset, **Jesus Christ** addressed the deeper issue of her distracted and anxious heart.

7. Repeating Martha's name twice served as a loving wake-up call to calm her racing anxiety, addressed her overwhelming distraction from hosting duties, and pointed her directly to what mattered most. In Scripture, repeating a name or phrase is a significant tool **God** uses to capture someone's attention in a tender yet direct manner.

8. **Jesus Christ** pointed out that Martha was "troubled about many things," addressing her internal character and heart state rather than just her external workload. To

combat anxiety and a troubled heart, the lesson points believers to scriptures such as **Philippians 4:6–7**, **1 Peter 5:7**, **Isaiah 41:10**, **John 14:27**, and **Matthew 6:34**.

9. Sitting at the feet of **Jesus Christ** today means coming under **His** authority, receiving **His** Word, trusting **Him**, and responding in practical obedience without outside distractions. It contrasts with merely organizing meetings, preparing lessons, or engaging in religious activity that creates an appearance of health without producing genuine spiritual maturity.
10. Unhealthy shame produces hopelessness by telling a person they are a terrible Christian who can never prove their worth, whereas biblical conviction gently exposes disordered priorities and leads to sincere repentance. **Romans 8:1** reminds believers that there is no condemnation in **Christ Jesus**, and **1 John 1:9** encourages believers to confess their sins, trusting **His** faithfulness to forgive and cleanse them.

Essay Questions

1. **Analyzing Spiritual Drift:** Analyze the concept of "spiritual drift" through busyness as illustrated in Martha's story. How can well-intentioned service and good activities gradually crowd out a believer's intimate relationship with **God**?
2. **The Progression of Frustration and Entitlement:** Explore the four-stage progression of frustration outlined in the lesson (too many demands, inner frustration, resentment toward others, and questioning **God's** care). How does entitlement play a role in this cycle, and what practical steps can be taken to break it?
3. **Comparing Priorities:** Compare and contrast the spiritual choices of Martha and Mary in Luke 10:38–42. What did **Jesus Christ** mean when **He** stated that "only one thing is needed," and how does a believer determine what demands urgent attention versus what deserves eternal priority?
4. **Shame versus Conviction:** Discuss the distinction made between "unhealthy shame" and "biblically based conviction." Relying on passages such as **Romans 8:1** and **1 John 1:9**, explain how divine correction should motivate genuine repentance rather than condemnation or hopelessness.
5. **Practical Application of Spiritual Discipleship:** Explain what it means to "sit at the feet of **Jesus Christ**" in modern daily life. How can an individual conduct an honest heart assessment using their calendar, spending habits, energy levels, and thought life to ensure that **God** remains at the center?

Comprehensive Glossary

- **Biblical Conviction:** The work of **God** exposing disordered priorities or sin in a believer's heart, leading to repentance, transformation, and renewed dependence on **Jesus Christ** rather than guilt or hopelessness.
- **Distraction:** Being pulled in multiple directions by activities, responsibilities, or concerns, causing a person to lose focus on what is eternal and most important.
- **Entitlement:** An unhealthy heart attitude where an individual feels owed recognition or help, often leading to resentment toward others and questioning **God's** care when facing heavy workloads.
- **Hospitality:** The act of welcoming others into one's home and serving their physical needs, which, while good, can become a source of spiritual distraction if it replaces devotion to **God**.
- **Repentance:** A sincere turning away from self-reliance, disordered priorities, or sin, and turning back to **God** with refreshed devotion, trust, and practical obedience.
- **Sanctification:** The ongoing spiritual process wherein **God** forms **His** holy character in a believer, transforming their inner heart rather than merely evaluating external activity.
- **Spiritual Drift:** The subtle, gradual loss of hunger for **God** and **His** Word caused by overcommitment, busyness, and endless activity, even while convincing oneself that the work is for **God's** kingdom.
- **Unhealthy Shame:** A destructive mindset that leads a believer to feel condemned, hopeless, or forced to prove their worth, falsely believing **God** is disappointed in them.

Greek Words Reference

Upon detailed examination of the provided source context, no specific Greek words were explicitly cited, transliterated, or defined within the lesson text.[^1]

[^1]: Note: While the New Testament passage analyzed (Luke 10:38–42) was originally written in Koine Greek, no explicit Greek words, transliterated Greek terms, or phonetic pronunciation guides were present in the provided source text.