



## Building a Strong Family

### Week 3: Am I a Mary or a Martha?

#### Luke 10:38-42

Julie Whitehurst, February 14, 2024

**Big Idea:** Strong families balance \_\_\_\_\_ and \_\_\_\_\_.

#### Part 1: The 1st Dilemma

- 1) Hurry
  - a) Distraction might keep us from hearing \_\_\_\_\_.
  - b) \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are not compatible with hurry.
- 2) Hurry Defense
  - a) Invite Jesus to \_\_\_\_\_ and \_\_\_\_\_ over your day.
  - b) Pray to \_\_\_\_\_ and \_\_\_\_\_ for more of Him. Matthew 5:6

#### Part 2: The 2nd Dilemma

- 1) Worry
  - a) Worry is \_\_\_\_\_.
  - b) Worry chokes out \_\_\_\_\_.
- 2) Worry Defense
  - a) List \_\_\_\_\_ to God.
  - b) Pray about \_\_\_\_\_.
  - c) Be \_\_\_\_\_.

#### Part 3: The Resulting Diamond

- 1) Martha was \_\_\_\_\_.
- 2) Something set in \_\_\_\_\_.
  - a) Helps us recognize Satan's \_\_\_\_\_.

- b) Gives us strength to stand \_\_\_\_\_.
- c) Helps us \_\_\_\_\_ things.
- d) Gives us \_\_\_\_\_, Matt 11:28 "Come to me, all of you who are weary and burdened, and I will give you rest."

**Questions for Discussion:**

- 1) Do you feel hurried and distracted? If so, does this affect your time spent with Jesus?
- 2) Do you have a habit of worrying? What is one thing you could do to improve in this area?
- 3) Are you teachable like Martha?
- 4) What is something beautiful that you have seen come from time spent with Jesus?

Action item: Put something beside your bed that reminds you to ask God, even before your feet hit the ground, to direct your steps that day. And then trust Him with the journey!