

Sermon: The Discipline of Unhurried Time with Jesus.
Series: Disciplines of Grace.

Scripture: Luke 10:38-42.
Date: January 7, 2024

OBSERVATION -- As a group, talk through and summarize the passage. Think through *Who, What, Where, When, How, Why* questions together.

INTERPRETATION -- Answer these questions together:

1. What does this passage teach us about us?

- a) To what degree do you live your life in a hurry? In what ways has your hurry damaged your ability to love others?
- b) Martha was choosing the GOOD over the BEST. Can you think of places in your life where this is true for you too?
- c) Martha was also trying to self-justify using her business and hurry. What about you? In what ways does your hurriedness (business) justify you with others? With God?

2. What does this passage teach us about God?

- a) God is never in a hurry. Jesus as God was never in a hurry. Why do you think this was? How could Jesus have such an important life and mission and yet not be in a hurry? Hint: Think about love and how hurry is so unloving.
- b) Where have you seen God's unhurried patience with you in the sanctification process?

3. What does this passage teach us about grace/salvation? How does it point to Christ?

- a) Jesus said that Mary chose the "good portion" – sitting at his feet. How do we sit at the feet of Jesus? What is the connection of the word and the Spirit to this "good portion?"
- b) By sitting at his feet, Mary was submitting herself to Jesus. Why is submission to Christ such an important part of communing with Christ? Does your devotional habit include an attitude of submission?

APPLICATION

- a) What can you do to build a habit of regular **unhurried time** with Jesus? (Turning off notifications on phone, deleting apps, waking up earlier). How can you include both the word and the Spirit into your daily time with Christ?

PRAYER

- Acknowledge God's patience with you as you are in the process of Christ-likeness.
- Confess ways that you have lived a hurried life and failed to love.
- Thank Jesus for being your "good portion."
- Ask the Holy Spirit to guide you into unhurried time with Christ.