

# OVERWHELMED

## OVERWHELMED - Part 1 Decisions

Scotty Priest

May 4, 2025

Open with prayer.

### Get to Know You (10 Minutes)

- What does a perfect day off look like to you?

### Observation & Discussion (30 Minutes)

#### Luke 10:38-42

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

39 She had a sister called Mary, who sat at the Lord's feet listening to what he said.

40 But Martha was distracted by all the preparations that had to be made.

\*She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"\*

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one.

42 Mary has chosen what is better, and it will not be taken away from her."

## **Matthew 11:28-30**

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

1. Discuss the characters in this passage. Who are they, what are they doing and who you most relate to?
2. How does Martha express her complaint and how does Jesus respond?
3. How do you balance the business of life with spending time with Jesus?
4. Look at verse 42. What does it mean that 'Mary has chosen what is better...'??
5. What could this passage be saying about cultural expectations and spiritual awareness?
6. Believing you are your accomplishments or living in fear can keep you in a state of being overwhelmed. What tends to leave you feeling overwhelmed and pulls you from Jesus?

## **Next Step (10 Minutes)**

- What practical steps can you take to 'choose what is better' in your daily walk with God?

Scotty gave some helpful steps to practice daily that 'points to a better way'. Use these or come up with a few of your own.

1. I will start my day with God.
2. I will be present.
3. I will be generous.
4. I will say no.
5. I will do it again tomorrow.

## **Prayer Requests (5 Minutes)**

Pray with your group to close.

## **Challenge**

During this series, make time to spend 15 minutes of uninterrupted time with Jesus every day. No agenda, just intentional time of quiet to pray, listen, read or sit at the feet of our Lord.