

ONLY ONE THING

Luke 10:41-42 "...you are worried and upset about many things, but few things are needed—or indeed only one...."

Today's main passage

Luke 10:38-42 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. 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!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Today's main point

We each have our own experiences of anxiety, worry, and frustration. Jesus invites us to loosen our grip on those areas and turn towards Him in trust. What is the one thing that is truly needed in your life?

Words, phrases, images, examples that stuck out to me.

Additional Verses and Quotes

1 Corinthians 16:14 Do everything in love.

Ephesians 5:1-2 Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Mark 14:32-36 They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

Luke 12:29-32 And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well. Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

Micah 6:8 He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

"The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety."
— George Mueller

"The first great and primary business to which I ought to attend every day is to have my soul happy in the Lord."
— George Mueller

From Hudson Taylor's Spiritual Secret:
"But are you always conscious of this abiding in Christ?" Mr. Taylor was asked many years later.
"While sleeping last night," he replied, "did I cease to abide in your home because I was unconscious of the fact? We should never be conscious of not abiding in Christ."