

1. Describe your relationship to time. Do you feel it lags or speeds ahead? Do you wish you had more of it? Why or why not? How would your life change if you somehow were able to get more time?
2. Take a moment to reflect on your life. What one thing would you like to change about your life? Why? What is one thing in your life you've tried to change but think you may need to come to accept? What one thing have you been accepting about your life that you feel you need to change? Why?

Read Luke 10:38-42 (NIV): *“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.'”*

3. What are some of life's distractions, i.e. those lesser things that are keeping you from the more important things? How was Martha's desire to serve Jesus keeping her from something more important? What was that more important thing?
4. What might some of the reasons be that we cram so much into our schedule?
5. Mary, who was actually helping Martha with the preparations, makes a very important decision to stop “doing” in order to spend time with Jesus. Why is it challenging to “stop doing”? Why is it that we link our identity with what it is we do or accomplish? What are the challenges with seeking validation from what we do?
6. How is making Jesus the “one thing,” around which the “many things” of your life revolve, challenging?
7. What distractions can you eliminate this week, this month, this season, to enable you to choose “what is better” for the sake of your soul? With whom will you share your journey / who can you invite to keep you accountable in making this needed change?