

Hope for Tomorrow

Lesson 4: Being, Not Performing

Be Still

- Our volunteers will try to balance their ball on their book.
- But there is a catch...



Let's Share

- Think about your own life. What are the things that keep you busy and take up your time? Where in your life do you see yourself “dropping the ball” most often?



Digging in



Luke 10:38-42, NLT

As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, **sat at the Lord's feet, listening to what he taught.** But Martha was **distracted** by the big dinner she was preparing.

Luke 10:38-42, NLT

She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.”

But the Lord said to her, “My dear Martha, you are **worried and upset** over all these details! **There is only one thing worth being concerned about.** Mary has discovered it, and it will not be taken away from her.”

Let's Discuss

- Why was Martha upset?
- What is the “one thing” Mary does that Jesus says is “worth being concerned about”?



Let's Discuss

- Where did Martha go wrong in her attempt to follow Jesus well?
- How can you sit in Jesus' presence and listen to his words when he is not physically seated in the room with you like he was for Mary and Martha?



Jesus gives us the Holy Spirit to live inside us. Through the Spirit, Jesus makes his home in our hearts so we can always be in his presence.

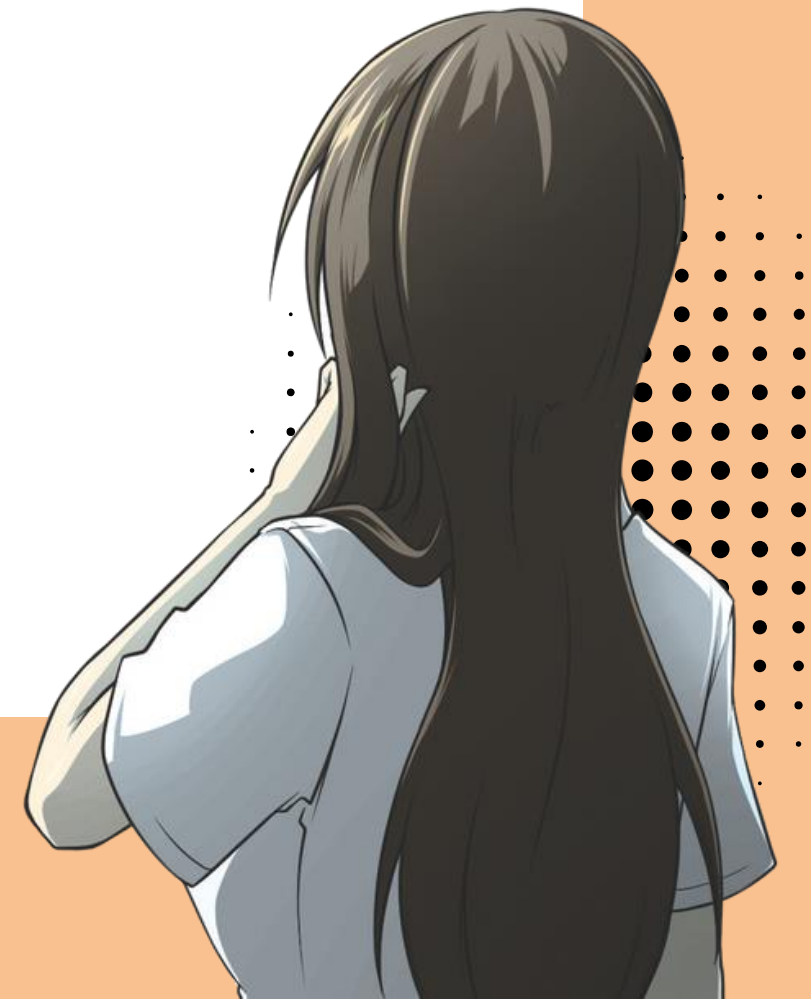


John 14:15-17, 23, NLT

“If you love me, obey my commandments. And I will ask the Father, and he will give you another **Advocate**, who will never leave you. He is the Holy Spirit, **who leads into all truth** ...All who love me will do what I say. My Father will love them, and **we will come and make our home with each of them.**”

Let's Discuss

According to this passage,
what does the Holy Spirit do for us?



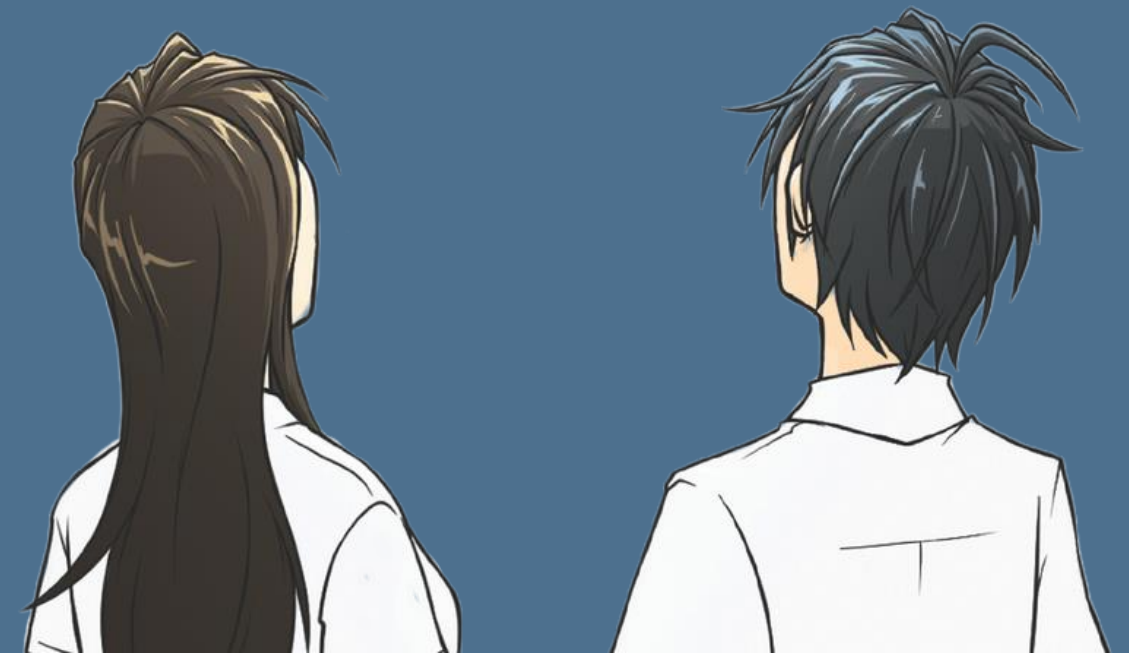
Let's Discuss

What does it mean that the Holy Spirit is our “Advocate”?



Time to Apply

- How can you make more space in your life for your relationship with Jesus?
- The distractions around us are loud. What are some ways you can practice quieting the noise on a regular basis so you can hear the Holy Spirit's voice more clearly?



Practicing Life with Jesus

The Bible is not just God's Word to us. It is also something we can speak back to God. When we pray Scripture, it sinks in deep, shaping our hearts and minds and training us to recognize the Holy Spirit's voice. Let's practice.



Ephesians 2:8-10

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

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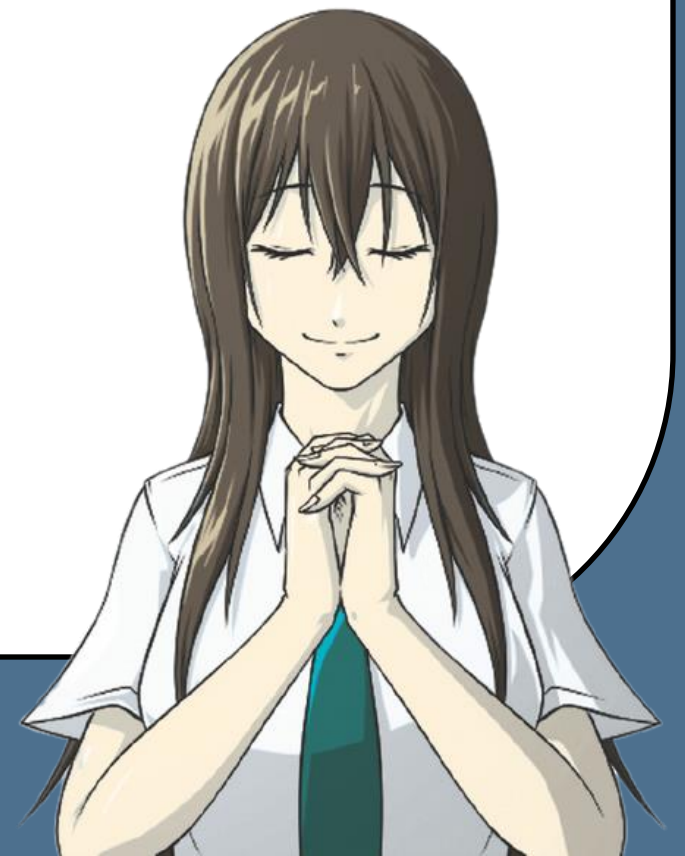
Thank you, God, for saving me by your grace. I know I cannot take credit for it—I did not earn your love, and I do not have to. You give it to me freely. Keep me from the danger of relying on my own efforts. I believe you when you say that I am your work of art. You have made me a new person through your Son, Jesus, freeing me from my sins and filling my life with purpose. Help me to do the good things you have planned for me. My life is yours. Amen.

Time to Respond

Write a prayer to God based on this passage from Titus.

Titus 3:3-7

Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. But— When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Savior. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.





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