



Lesson 4: Being, Not Performing

Main Point

Discipleship is not about outward efforts, performance, or activities but about being with Jesus and listening to him.

Scripture: 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.

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.”

Exploring the Scripture:

- Why was Martha upset?
- What is the “one thing” Mary does that Jesus says is “worth being concerned about”?
- Where did Martha go wrong in her attempt to follow Jesus well?
- What are some common ways you have seen yourself or other followers of Jesus make the same mistake Martha made?
- 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?

Scripture: 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.**”

Exploring the Scripture:

- According to this passage, what does the Holy Spirit do for us?
- What does it mean that the Holy Spirit is our “Advocate”?

Applying It to My Life:

Martha made a common mistake, but did you notice how kind Jesus was to correct her? Jesus does not want us living overwhelmed, distracted lives. Instead, he invites us to rest in a relationship with him.

- 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?

Journal Prompt:

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.

Write a prayer to God based on this passage from Titus. Make it personal by putting it in your own words and adding reflections, requests, and moments of thanksgiving.

- **Read: Titus 3:3-7, NLT**

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.