



# LOCKINGCASTLECHURCH

Life Group Notes – 6<sup>th</sup> March 2022

Hurry – the great enemy of Spiritual life. 1 Peter 5

*Please visit the LCC website to listen to the talk or read the transcript if available.*

## **Luke 10: 38-43 At the Home of Martha and Mary**

<sup>38</sup> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> 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!" <sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

### **Comment**

Living in the information age means that the flood of news and data available to us can be overwhelming at times, especially when the world is in crisis and we struggle to interpret all that is happening. People often tell you they are fine, but *busy*. Multitasking is normalised and we can find ourselves challenged when it comes to pausing to reflect and centre ourselves on God – the one who actually made it all. When he was asked what was the most important thing to do to invigorate spiritual life, Dallas Willard replied "You must ruthlessly eliminate hurry from your life, for hurry is the great enemy of spiritual life in our world today". Corrie Ten Boom said 'if the devil can't make you sin, he'll make you busy'. She felt that both sin and busyness have the exact same effect – they cut off your connection with God, to other people, and even to your own soul. There is a danger that we speed up to such an extent that our life pace becomes incompatible with love. In his book 'The ruthless elimination of hurry' John Mark Comer suggests that we need to choose to slow down to keep in step with what Japanese theologian Kosuke Koyama calls the 'Three mile an hour God'. In other words valuing life at walking pace, taking the time to really listen and converse with the Lord. Jesus was busy, but he still managed to maintain a steady rhythm of ministering to others but also communing with his Father God

Luke includes the story of Mary and Martha to highlight the tension between active service (in this case hospitality) and the need for spiritual intimacy. Martha does well to exercise the gift of hospitality but then falls into the trap of doing things *for* God instead of being *with* God. She gets stressed and starts telling Jesus what to do! Jesus lovingly calms her down and tells Martha to chill out and dial down. Instead of letting her mind become crowded and overwhelmed, taking the time to sit at Jesus' feet would actually be better. Although Martha is the patron saint of the stressed and scatterbrained, she was nevertheless much loved by Jesus and got to see the miraculous power of God when her brother Lazarus was raised from the dead. She learned that Jesus is the life giver and we need to focus on him first.

### **Questions**

1. What do you do to rest? What would you do if you had more time to rest?
2. How does a hurried lifestyle impact our relationship with God? What happens to our spiritual lives when we're way too busy?
3. How does living in the information age compound the problem of busyness?
4. Does Mary's behaviour bother you? Why?
5. What might have happened if Martha had chosen to sit at Jesus' feet too?
6. What do you find most encouraging about this passage? What do you find most challenging?

*Pls pray for each other to learn to be 'unhurried' during Lent*