

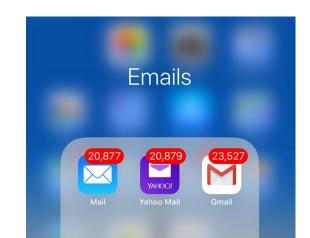


Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.

Dallas Willard

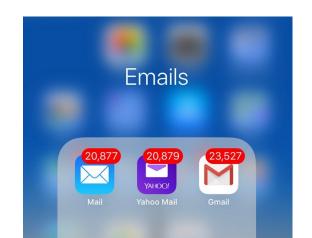
LUKE 10:38-41 NASB

[38] Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. [39] And she had a sister called Mary, who was also seated at the Lord's feet, and was listening to His word. [40] But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do the serving by myself? Then tell her to help me."



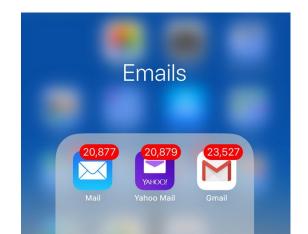
LUKE 10:38-42 NASB cont.

[41] But the Lord answered and said to her, "Martha, Martha, you are worried and distracted by many things; [42] but only one thing is necessary; for Mary has chosen the good part, which shall not be taken away from her."

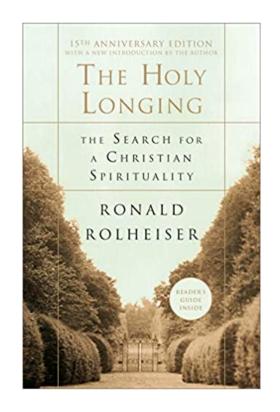


LUKE 10:40a NASB

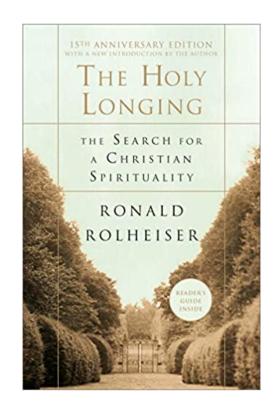
[40] But Martha was distracted with all her preparations;



Today, a number of historical circumstances are blindly flowing together and accidentally conspiring to produce a climate within which it is difficult not just to think about God or to pray, but simply to have any interior depth whatsoever.... We, for every kind of reason, good and bad, are distracting ourselves into spiritual oblivion. It is not that we have anything against God, depth, and spirit, we would like these, it is just that we are habitually too preoccupied to have any of these show up on our radar screens.

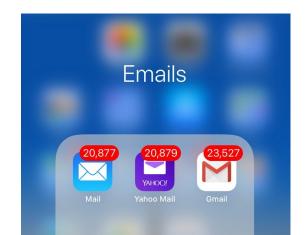


We are more busy than bad, more distracted than nonspiritual, and more interested in the movie theater, the sports stadium, and the shopping mall and the fantasy life they produce in us than we are in church. Pathological busyness, distraction, and restlessness are major blocks today within our spiritual lives.



LUKE 5:16 NASB

[16] But Jesus Himself would often slip away to the wilderness and pray.





One Minute Pause App

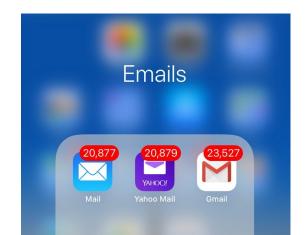
A simple way to connect with God in the middle of your busy day.





LUKE 10:40b NASB

[40b] and she came up to Him and said, "Lord, do You not care that my sister has left me to do the serving by myself? Then tell her to help me."



AWARENESS EXAMEN

- Ask God to look at your day with you.
- What does God show you about your day?
- What was important to God from your day?
- Talk to God about your day.

LUKE 10:41-42 NASB

[41] "Martha, Martha, you are worried and distracted by many things; [42] but only one thing is necessary; for Mary has chosen the good part, which shall not be taken away from her."

