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# FREEDOM AT HIS FEET

## I. Distractions

- a. Distractions can leave you feeling disconnected from your life's story.
- b. The answer to distractions isn't to stop doing everything.
- c. The change isn't action, it's priorities.
  - i. Connect to Jesus first, so you are prepared.
  - ii. Freedom is found next to Jesus.

## II. Mary and Martha

- a. Jesus visited the home of Mary, Martha, and Lazarus
  - i. **Luke 10:38-40** (NET 2<sup>nd</sup> ed.) <sup>38</sup>*Now as they went on their way, Jesus entered a certain village where a woman named Martha welcomed him as a guest. <sup>39</sup>She had a sister named Mary, who sat at the Lord's feet and listened to what he said. <sup>40</sup>But Martha was distracted with all the preparations she had to make, so she came up to him and said, "Lord, don't you care that my sister has left me to do all the work alone? Tell her to help me."*
  - ii. He seems to have had a close relationship with this family.
- b. Martha, as the householder, was responsible for hosting guests.
  - i. Think getting ready to host family at Thanksgiving.
  - ii. Hosting guests properly was important in that culture.
- c. While Martha was busy with preparations, Mary sat near Jesus.
  - i. Martha was upset that Mary wasn't doing her part.
  - ii. It was culturally scandalous for Mary to sit with the male guests.
- d. Martha asked Jesus to reprimand her sister.

## III. Jesus' Reply

- a. **Luke 10:41-42** (NET 2<sup>nd</sup> ed.) <sup>41</sup>*But the Lord answered her, "Martha, Martha, you are worried and troubled about many things, <sup>42</sup>but one thing is needed. Mary has chosen the best part; it will not be taken away from her."*
- b. Jesus' response was direct, but kind.
  - i. The repetition of her name displayed a tenderness in His words.
  - ii. Martha did not expect this response.
- c. Mixed up priorities.
  - i. Martha's distractions literally "pulled her away" from Jesus' message.

- ii. Mary was focused on the right thing: Jesus' message.
  - 1. When it says that she "sat at Jesus' feet" it meant that she assumed the position of a disciple.
  - 2. Mary's intention was to share the message with others.
- d. Focusing on Jesus first, allows good things to follow.
  - i. **Matthew 6:33** (NET 2<sup>nd</sup> ed.) <sup>33</sup>*But above all pursue his kingdom and righteousness, and all these things will be given to you as well.*
  - ii. Worries and distraction weigh us down.

#### IV. The Parable of the Sower

- a. **Luke 8:7** (NET 2<sup>nd</sup> ed.): <sup>7</sup>*Other seed fell among the thorns, and they grew up with it and choked it.*
- b. **Luke 8:14** (NET 2<sup>nd</sup> ed.): <sup>14</sup>*As for the seed that fell among thorns, these are the ones who hear, but as they go on their way they are choked by the worries and riches and pleasures of life, and their fruit does not mature.*
- c. Worries and distractions choke out our connection to Jesus.

#### V. Permission to Rest

- a. **Matthew 11:28** (NET 2<sup>nd</sup> ed.): <sup>28</sup>*Come to me, all you who are weary and burdened, and I will give you rest.*
- b. **Luke 10:42** (NET 2<sup>nd</sup> ed.): <sup>42</sup>*but one thing is needed. Mary has chosen the best part; it will not be taken away from her."*
- c. Jesus gives us permission to set our obligations down for a moment to sit in His presences.
- d. "The best part" was a word that was also used for food.
  - i. Martha focused on the wrong meal.
  - ii. Mary chose the better food, Jesus' word.

#### VI. The Power We Need

- a. **Romans 8:11** (NET 2<sup>nd</sup> ed.): <sup>11</sup>*Moreover if the Spirit of the one who raised Jesus from the dead lives in you, the one who raised Christ from the dead will also make your mortal bodies alive through his Spirit who lives in you.*
- b. God's word strengthens you to face life and do the work God has called you to do.
- c. Take time to sit at Jesus' feet and find freedom.