

## Don't Just Do Something – Sit There!

Luke 10:38-42

Being a Christ-follower means being alone with God. This passage helps us to see three principles for being still before the Lord.

*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 only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." Luke 10:38-42 (New International Version)*

### ➤ FOLLOWING CHRIST MEANS TURNING ON MY HEART.

*"... but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." Luke 10:42 (NIV)*

*One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. Psalm 27:4 (NIV)*

- The first step is to set your heart on Him.

*Apply your heart to instruction and your ears to words of knowledge. Proverbs 23:12 (NIV)*

### ➤ FOLLOWING CHRIST MEANS TUNING OUT INTERFERENCE.

*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, . . ." Luke 10:40-41 (NIV)*

What are those things that distract us from hearing from God?

- Busyness
  - ❖ We can get so busy *doing*, that we forget we're not *being*.
  - ❖ We can get so busy leading, that we forget we're a follower.
  - ❖ Slowing down and being still is vital for the soul.

*But the LORD is in his holy temple; let all the earth be silent before him. Habakkuk 2:20 (NIV)*

*Be still, and know that I am God; . . . Psalm 46:10 (NIV)*

*"Remember the Sabbath day by keeping it holy." Exodus 20:8 (NIV)*

- Anger

- Worry

*"Martha, Martha," the Lord answered, "you are worried and upset about many things, . . ." Luke 10:41 (NIV)*

- ❖ "Worry" - from a word meaning "to strangle" or "choke" = stressed out

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup>Cast all your anxiety on him because he cares for you.*

*1 Peter 5:6-7 (NIV)*

### ➤ FOLLOWING CHRIST MEANS TUNING IN TO HIS VOICE.

*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. Luke 10:38-39 (NIV)*

- What does it mean to be tuned in to His voice?

- ❖ It means being where God speaks and being completely there.

- We will rarely find God in the hectic moments of our lives, but we will find Him in the quiet moments.

*The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup>After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. 1 Kings 19:11-12 (NIV)*

- Application:

- Plan regular time on my calendar for quiet time with the Lord.
- Make a list of those things that are interfering or distracting me.
- Ask God's help to eliminate those distractions.
- Evaluate my priorities.
- Tap in to God's people and God's resources.

*Be still before the Lord and wait patiently for him. Psalm 37:7 (NIV)*