

Message Study Guide

(Scriptures & quotes from this week's message are available on thorncreek.church/live)

Warming up

1. What is your favorite season of the year?

Digging Deeper & Application

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. What distracts you the most on a daily basis? Have you ever considered that worry and distraction can be connected?
3. Some recent studies about distractions have said:
 - a. "The worst students were those who consumed more media each day and had a preference for working on several tasks at the same time and switching back and forth between them".
 - b. "In the workplace, it takes an average of 23 minutes and 15 seconds to get back to the task."
 - c. People who learn to go deep on a project, focused without distraction, were actually happier.
 - d. Does any of this surprise you?
4. Please read Luke 10:38-42. What jumps out at you?
 - a. Can you identify with Martha and/or Mary?
5. In Luke 10:40, scripture says, "Martha was distracted". Compare this with our world view of a "Multi-Tasker". When is it good? When is it bad?
6. According to verse 40, the word, "distracted" meant "to be dragged around". But Jesus uses another word to describe Martha in verse 41. What is it? What can we learn from this progression?

7. In Luke 10:40, scripture says, "Martha was distracted". Compare this with our world view of a "Multi-Tasker". When is it good? When is it bad?
 - a. Pastor Ruben asked this question, "What if the kind of man or woman you become?"
8. Henry Blackaby's quote, "A love relationship with God is more important than any other single factor in your life. Everything in your Christian life...everything about knowing God's will depends on the quality of your love relationship with God. If that is not settled, nothing in your life will be right. Your walk with the Lord is the single most important aspect of your life." Can you relate to this quote and how can you apply this to your life?
9. Timothy Keller said, "The opposite of worry is single-mindedness." Compare with Luke 10:42. Martha wasn't doing a bad thing. It was a good thing. Pastor Ruben said, "You can be busy and not blessed." And Warren Wiersbe's said, "Few things are as damaging to the Christian life as trying to work for Christ without taking time to commune with Christ." What should you do to keep these truths straight in your life?
10. Please read Hebrews 12:1-2. What is the main point of this passage?
11. What needs to change in your life?

Application

Below are some of the points shared in the message. Discuss how they apply to your life.

- You can be busy and not blessed.
- Whatever has your attention, will eventually have your heart.
- You are only as strong as what your eyes are fixed on.
- Stay single-minded and focused on Jesus.