

# Membership Covenant

The 5 G's  
Groups  
Giving  
Gifts  
Grace  
Growth

## A Guide for Spiritual Formation

Text for the Week: Luke 10:38-42

Message for the Week: Cultivating Christian Maturity

Sunday, April 21

### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What's the best party you have been to? Why was it the best?

### Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

### Read:

Read / Have two people in your group read [Luke 10:38-42](#) out loud.

[Clicking the link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

## **Respond / Reflect:**

Who do you associate with more in this story? Martha? Or Mary? How do you feel about the other?

What are the things that distract and encumber our hearts from what is better? What are the spiritual disciplines that cultivate spiritual maturity but get left to the wayside? Why don't we practice them more?

If you could request one thing from Jesus, what would it be? What do our requests say to us about what is going on inside of our hearts and souls?

What was Martha's story the day after about this experience? What was Mary's story the day after about this experience?

Are there ever times when what is honorable and expected is not the best thing for our Christian growth?

What are the practices that you/we do to feed our souls, the roots of our faith? How are we listening to Jesus?

## **Try It:**

What soul practices are you avoiding? Prioritize and do them this week!

## **Prayer:**

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, have I allowed the honorable and expected things of this world to allow me to be distracted from you. (Take a few moments and confess them to the Lord). I confess... turn my heart back to you. By the power of your Holy Spirit, help me to identify the practices that you are inviting me to implement in my life. Lord, I desire to be the man or woman you call me to be. I choose to cultivate these practices in my life to honor you. AMEN

## **Missional/Spiritual Practice: Growth**

I commit to deepen my faith in Jesus Christ through regular Scripture reading and prayer.

I commit to having and pursuing a personal rule of life (a plan for intentionally growing my relationship with Jesus Christ) and living it out in my community, my church, and His Kingdom.

## Luke 10:38-42

### New International Version

**10** <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.<sup>[a]</sup> Mary has chosen what is better, and it will not be taken away from her."

- a. Luke 10:42 Some manuscripts *but only one thing is needed*

### The Message

**10** <sup>38-40</sup> As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand."

<sup>41-42</sup> The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it's the main course, and won't be taken from her."