



Weekly Group Questions & Practices

The following questions and practices are provided as a menu for you to select from. Choose the questions and activities that best suit your group and timeframe.

Date: **October 25, 2020**
Sermon: **Martha and Mary**
Passage: **Luke 10:38-42**

Discuss

1. Describe both Martha and Mary.
2. Which sister are you most like? Explain.
3. Is there anything that troubles you about this story?
4. Is there anything that is distracting (or worrying or upsetting) you these days?
5. What is the 'one thing needed'? How are you getting that in your life these days?

Extend

1. In verse 41, how does Jesus refocus Martha's perspective?
2. Read Matthew 11:28-30. Circle key words and take some time to think about these verses—about what Jesus is saying. How does this tie in with Verse 41? (note: you could try memorizing this passage or write it on an index card as a reminder).

Disciple

1. What do you sense God has been saying to you this week and/or through this teaching?
2. What can you do to respond to that?
3. How can this group support, encourage, and help you in that?

Practice: 5x5 Silence

Make yourself a hot drink to enjoy, find a comfortable chair, and sit in silence. No phone, no screen, no people. Aim for 5 minutes a day, 5 days a week. (If you want to stretch yourself, try 10 minutes.) When you find yourself distracted, gently bring your mind back to God. It can help to use a short prayer or scripture, like “Be still and know that I am God” (Ps. 46).

Note about this section: Every two weeks or so we will be inviting you to engage in a different spiritual practice with God that will help you reflect on and apply Jesus’ teaching. Our hope and prayer is that you will meet with Jesus in new and profound ways as we engage in these transformative soul training exercises together! Try them out as a group; check in with each other to see how they are going.