



Series: Emotionally Healthy Discipleship

Sermon: Part 2: Being Before Doing

Date: Sunday, October 26th, 2025

As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. She [Martha] had a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. "Lord, don't You care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed - or indeed only one. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:38-42)

Sitting at Jesus' feet _____ discipleship because it is in this time of hearing from God that we can experience His love and approval and are reminded that our identity is found solely in Him, eliminating the need for us to seek it anywhere else.

The idea of a "_____ down" spirituality or discipleship, where our actions for Jesus stem from our connection with Him, is often unfamiliar.

Three Different Types of People:

- 1. People with the posture of Mary**
- 2. People with the posture of Martha**
- 3. People who are not even in the house with Jesus**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. (Ephesians 4:22-24)

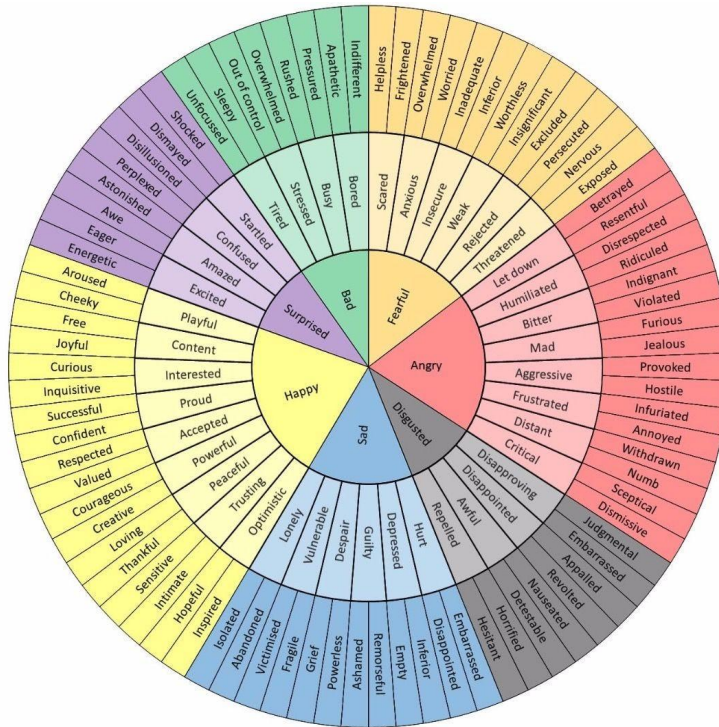
Being With God Before Doing For God

- 1. Making a decision to change how we _____**

"I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing." (John 15:5)

- 2. _____ your feelings in silence with God**

When we _____ our feelings, we can miss opportunities for God to speak through what we are feeling.



3. _____ with Jesus throughout the day

I know my doing exceeds my being when...

- I'm always rushing
- I am ignoring the stress, anxiety, and tightness in my body
- I am concerned with what others think
- I am often fearful about the future

- I am defensive and easily offended
- I fire off quick opinions and judgments
- I feel unenthusiastic about or threatened by the success of others
- I spend more time talking than listening

Bottom Line: *"Mary has chosen what is better, and it will not be taken away from her."* (Luke 10:42)

Questions to reflect on this week or with others:

1. *How has busyness affected you lately? Where is God in your life in the midst of the busyness?*
2. *Which posture do you have? The posture of Mary? The posture of Martha? Or the posture of someone who is not even in the house with Jesus? Why?*
3. *What challenges you when it comes to sharing your feelings to God and even to others? Why?*
4. *What is a next step you can take this week to start living a "slowed down" spirituality or discipleship, where your actions for Jesus stem from your connection with Him?*

Songs used in service: This Is Our God (Phil Wickham), Graves Into Gardens (Elevation Worship), Come, Thou Fount of Every Blessing (Robert Robinson), King of Kings (Hillsong), Build My Life (Pat Barrett)

Any prayer requests?

-----Tear Here -----

Name _____ Date: _____ Email: _____

What can we be praying for you about?