**Messages Series: Feeling Some Type Of Way**

**Pastor Demetric Felton Sr. September 4, 2016**

**The One Thing Needed**

**Luke 10:38-42**

**Key truth**: You cannot be **spiritually** mature, and remain **emotionally** immature.

1. **Martha’s Problem**: Inner turmoil.

**Danger Signs:**

A. Denial - Ignoring the emotions of anger, sadness,

and fear

B. Churchianity - Doing for God instead of being with

God

C. False Peace - Spiritualizing away conflict.

D. No boundaries - Living without limits.

E. Pharisee - Judging other people’s spiritual journey.

F. Control freak – A desire to be in control of others.

2. **Mary’s Example**: Inner peace

A. We must give Jesus access to the inner parts of our

lives.

B. We experience that by practicing the spiritual

disciplines.

1. Silence – the practice of quieting inner and

outer voices to attend to God.

2. Solitude – the practice of being absent from

people and things to attend to God.

3. Prayer – the practice of talking and listening to

God with a posture of obedience.

4. Meditation - the practice of reading Scripture

**Conclusion:** Allow God’s transforming love to penetrate your heart. Begin practicing spiritual disciplines by setting aside time to spend with Jesus.

**Food for Thought for the week of September 4, 2016**

**(Questions and Scriptures for further study)**

How many hours a week do you spend working? How often are you distracted by work when you really should be spending time with family or friends? What are some of the major distractions of our culture?

Why do you think Martha asked Jesus if He cared? Who is Martha upset with, Jesus or Mary? Why didn’t Martha ask Mary to help directly?

How can we guard ourselves against judging how much work others are doing? How can we keep “volunteering” from feeling like “unavoidable obligation”?

Luke 10:41-42. For once a person in need did not receive Christ’s blessing. The need was out of focus and misplaced. Martha was too stressed out about earthly things. Her life was out of focus. Life has one essential need: to hear and obey the Word of God. Mary made the right choice. Jesus would not take away from her the blessing and opportunity. Martha needed to change her priorities. When the Word is taught, listen. All else is secondary.

This week: Practice silence and solitude before the Lord.

Psalm 46:10

“Be still, and know that I am God!