

Only one thing is needed

Luke 10:38-42

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

Jesus says Mary chose the better part. What exactly did she choose — what is she actually doing?

2. What does it show me about people — and about myself?

Martha's work was good work. What does this show you about how good things crowd out the best one — and what's crowding yours?

3. What will I obey this week? (a concrete step, with a day)

Where in your actual week will you sit down at Jesus' feet? Name the time and the place.

4. Who will I tell?

Who do you know who's too busy to breathe?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, I can serve You all day and never once sit down with You. Show me the one thing, and don't let anyone take it from me.



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