



Welcome!

SERIES: Everything in Between
Today's Message: The Tyranny of the Urgent
Dr. Lance D. Watson, Senior Pastor

PRAYER: Gracious God, grant us the humility to remember that we see only a fragment of the truth, and the patience to hold space for others whose experiences, temperaments, and “Marthas or Mary’s” look different than our own. Soften our hearts when we feel the urge to judge another’s pace or priorities and help us to offer the same grace to them that you so generously offer to us. We pray in the name of Jesus, Amen.

ICEBREAKER: If you could suddenly outsource one “Martha-style” chore in your life (like laundry, dishes, or errands) so you could spend more time on “Mary-style” rest, which one would you delete from your schedule forever?

INTRODUCTION: The story of Mary and Martha often seems to create a divide between “spiritual” types and “practical” types, between thinkers and doers, and between contemplatives and activists—as if the faithful must choose one over the other. But what if prayer and action depend on one another to make sense in the world? Today’s story from Luke 10 is about more than just a spat over who’s going to get supper on the table. It’s a doorway into a new way of life. *Invite someone to share this series with your group.*

SCRIPTURE: Read Luke 10:38-42: ³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord’s feet listening to what he said. ⁴⁰ 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!” ⁴¹ “Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴² but few things are needed—or indeed only one.” ^[f] Mary has chosen what is better, and it will not be taken away from her.”

DISCUSSION:

1. **What stood out in today’s message?** What’s one thing you learned? What questions came to mind as you listened to the message today?
2. **The “Distraction” of Service:** The text says Martha was “distracted by all the preparations.” Interestingly, she wasn’t doing anything wrong—she was practicing hospitality, a high virtue in her culture. When does “doing good things” for God or others actually start to become a distraction from God himself? How do you know when you’ve crossed that line?
3. **The Root of Resentment:** Martha’s frustration eventually boils over into a complaint: “Lord, don’t you care that my sister has left me to do the work by myself?” Why do we often feel resentful when we see others resting while we are working, and what does that resentment reveal about our motivations for serving?



Welcome!

SERIES: Everything in Between
Today's Message: The Tyranny of the Urgent
Dr. Lance D. Watson, Senior Pastor

4. **"Only One Thing is Needed"**—Jesus tells Martha that she is “worried and upset about many things,” but Mary has chosen what is better. If you had to audit your current “to-do” list, which tasks are truly “needed” for your soul’s health, and which ones are just “many things” creating unnecessary noise?
5. **Defining “The Better Portion”**—Choosing the “better portion” meant Mary had to be okay with leaving the dishes in the sink and the meal unfinished to sit at Jesus' feet. What is one specific “good” activity in your life right now that you might need to temporarily “neglect” or say no to so you can prioritize your spiritual well-being?

CHALLENGE: This week, identify one person whose approach to life or faith frustrates you, and intentionally seek to learn from their perspective rather than trying to “fix” their priorities.

SERVE: Practice active listening by validating their perspective without needing to correct it, acknowledging that showing honor is more important than being right.

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

THE SAINT PAUL'S BAPTIST CHURCH
GROW | PRAY | SERVE



WWW.MYSPBC.ORG • 804.643.4000

Welcome!

SERIES: Everything in Between
Today's Message: The Tyranny of the Urgent
Dr. Lance D. Watson, Senior Pastor

We Care!

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org

SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org

Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org

Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org

Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org

Encore (50-59): Lisa Johnson: Lisa.Johnson@myspbc.org

Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org

Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.