



BUSINESS FAITH GROUPS

Filling Up
Luke 10:38-42

I. SESSION OVERVIEW

- Luke 10:38-42
- Discovery | Too Many Fires
- Business Application | Guard your Burn rate- Stay Filled up

II. REVIEW (30m)

- Personal Catchup
- Review last month's outcomes
- Open in Prayer

III. DISCOVERY

- Read Luke 10:38-42 (shared reading)

Set up/ Mary invites Jesus and his buddies into her home for a meal. Then something interesting happens. And if I had to sum up today's reading it would be "Two women in a cat fight in front of company".

What jumps out at you?

- Give each an opportunity to share what they discovered as you keep it a conversation integrating your insights and their discoveries.
- And let me get this question out of the way—Are you a Martha or a Mary?

IV. AREA CHAIR INSIGHTS (30M)

1. On the Way

So much happens in the Bible with this phrase. It screams energy, moving forward and when on the move, Jesus seems to meet you and connect you to your purpose.

The story prior to this in Luke 10 is the Good Samaritan. Expect the unexpected as you live your day when you are "on the way". Only one was willing to give up his agenda to help. Yet **how many times do we view the interruption as an inconvenience not as His assignment for you?** He does not want us stationary nor isolated. He wants us in relationship with others and Himself. Keep moving—good things happen.

Q- Do you have margin in your day to see interruptions as opportunities on the way?

Q- Do you see interruptions as fires that become urgent and move you off your day?

2. Managing Expectations

Martha and Mary each had their own set of expectations. Martha that Mary would assist her making the meal; Mary to socially entertain, stop what she was doing, hang out with the guys. After it's Jesus in the house! But the two never communicated that with each other. The other assumed the other's position, right?

Martha moves from managing the situation to manipulating the situation. She was trying to control the script and control the people around her. She uses passive aggressive language to Jesus about Mary.

This spirit often leads to obligation which is the enemy of Joy. Judgement follows obligation. Why isn't she doing what I'm doing? Martha invited them to her house then frustration kicks in when her expectation that Mary will help her leads to her stress and controlling it in her own strength. It was no longer a privilege having the guys over as it became an obligation.

Can you relate?

Q-How can communication & managing the expectations improve a current situation with your spouse? At work with an employee?

Q- Or perhaps someone here is dealing with putting expectations on themselves.

Jesus says, "If I always met your expectations, how could I ever exceed them?"

Break the chain of expectations today.

3. Too Many Fires are Burning

With mismanagement of expectations, Martha's focus switches from her the task at hand to the larger outcome.

- The place is a mess. Dishes, cooking, cleaning, etc.
- How I am gonna feed all of these men by myself because she isn't helping me?

- How am I gonna..... ?

Martha didn't neglect her guests or refuse what they had to say. She simply chose good over something that wasn't perhaps the best thing to do at that time.

Distraction means being pulled apart.

And I think spiritually, distraction is a sign of emptiness. Jesus saw this in her. She needed to stop & fill up at that moment. But she kept going. She kept running on her low battery.

Distraction, too many tasks, worry, etc creates mission drift.

Q- Are you drifting in your situation today??

Q- Are you able to identify triggers that make you realize that you are dry/drifting?

Write down your triggers.

Q- How can you as a leader of your business hit the pause button, refocus on your core, and fill up as you go about your business?

4. One Thing

I always thought this was about either or—two actions that contradict one another. Knell at the feet vs busy body. We have to choose—Are you a Mary or a Martha?

Sadly where I connect is this: We have 2 women in this story yet it's really about one person and two hearts. It's about many and one. Jesus says in v41, "only one thing is needed".

Martha had too much on her plate which caused distraction and loss of focus which leads to stress, control, and working the how myself. Jesus gets cut out from my life because of I'm too busy. In my busyness, I run, run, run without ever recharging.

What Jesus is saying is I want you to work, it glorifies me. I want you to stop and sit at my feet, it glorifies me. I want you to see there is no difference between the two.

I want Avodah from you. It's the attitude of bringing worship into work by being intentional in everything (who you are, what you do, what you have). It's a Lifestyle faith. Avodah- means a spirit of work & worship. **Jesus wants us to the point where no one can tell the difference between your worship & work because you are one.** Not physical as much as mental or mindset. Putting Christ first. It's living Matt 6:33.

Avodah is a Hebrew word appears 145 times in the OT.

- Genesis 2:5 – "and there was no man to work (avodah) the ground."
- Genesis 2:15 – "The LORD God took the man and put him in the garden of Eden to work (avodah) it and keep it."
- Exodus 34:21 – God, in renewing the covenant with Moses, says, "Six days you shall work (avodah),"

Q- What does Avodah mean to you?

Q- If Everything belongs to God, do you see your Work belongs to God? And God is in your work?

V. WRAP

Many daily things are good but we need discernment on what to do when.

Irritations, crass comments, etc usually points to a need for filling up—resting and spiritually filling up.

- Rate your level of busyness right now (1-10)? Is time with God in this mix?
- How do you balance keeping the family running & work?
- What does "Work is Worship" mean to you?

BUSINESS APPLICATION

I. SESSION OVERVIEW

- Business Application | Healthy You
- Tool
- Outcome/ Maintaining balance and knowing when your tank is empty

II. CONTEXT

What would happen if you only charged your phone on Sunday? The battery would run out before week's end, right? We know this, which is why we charge our devices every day. Your faith has a battery of its own to. Also your work. And your family and so on.

Knowing when you are nearing empty or "out of balance" is key.

III. TOOL/

Use these 3 questions to self-regulate, self-diagnose, and become self-aware of your "empty tank" moments—to recognize before disagreements occur or without relying on others to point them out.

Self-assess reflecting on these questions giving yourself a score 1-100% of where you are today in life.

- Are you reactive or proactive?
- Do you tend to be defensive and reactive, or are you intentional and proactive?
- Are you consistent or inconsistent?

People are more likely to change when they recognize their own poor attitudes, shortcomings and take action of slowing themselves, rather than when someone else points them out.

Q- Share your answers in 1:1 or with the larger group.

IV. WRAP

Understanding your triggers and when you are running low is so important to family, work, and faith. Key in on recharging your battery with intimacy with Christ in a way Mary modeled.

Action Steps |

- What do you need from the group to be intentional and put these tips into practice?

- This month focus on improving your own self-awareness by understanding your tendencies and patterns that drive your behaviors.

GOALS |

- Ask each for their goals from this meeting to the next.
- Commit to prayer & supporting each other.

Name	Business	Personal	Faith
First Name		Strength training	Integration
First Name	LT/Culture	Running (alarms)	Listening to Him
Jon	Culture	Intentionality	Consistency
Kevin	Culture	Intentionality	Consistency
Brad	Culture	Leading the Family	Intentionality
First Name	Culture	Strength thru surgery; leverage time	Trusting Him

LEADER MIRROR

What is it like to be on the other side of me?

