



A lot of us are stressed out because we have way too much to do. And our reactions to that stress can either be to snap and complain or to slow down and take some time to sit at the feet of Jesus. Our lives will never be perfect, but we can become the kind of people who have the strength and peace to deal with whatever life throws our way.

Discussion Questions

1. **Read Luke 10:38-42.** Compare your personality to Mary and Martha. Which one of them are you more like? Why?
2. What's the condition of your soul these days—are you running on full or getting by on fumes? Share a few examples of things that either drain you or fill you up. How can you be more intentional to fill up regularly?
3. Oftentimes, our pace in life is simply too fast. Speed can kill our relationships and damage our souls. How's your pace these days? How is it affecting your relationships—with God and with your family and friends?
4. If someone were to watch your life for a week, what would they conclude is the one thing you think *needs* to get done every day? Folding laundry? Cleaning the house? Catching up on email? Reading Facebook? Where does God fall on that list—how important is it to you to spend time with him and listen to his voice?

Challenge

Spend 15-20 minutes each day this week praying and reading God's Word. This may seem counterintuitive—you already have too much to do, and now we're giving you one more thing to add to your list. But when you pray and sit at the feet of Jesus, he multiplies your time. You actually get more done and you're not as stressed out. Don't believe us? Give it a try and see what happens.

Commit to Memory

"But seek first His kingdom and His righteousness, and all these things will be given to you as well." **Matthew 6:33**