# “Choosing the Necessary Thing” - Luke 10:38-42 (September 8, 2019)

**Big Idea**: Many things, even good things, can take our attention away from the most important thing in life: Cultivating our relationship with the Lord in His Word.

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| How am I doing physically, emotionally, mentally and spiritually? Am I feeling too many things pulling at me/agitating my soul? |  |
| What are “negotiable” things in my week that are taking up time and energy? (“Negotiable things” are things that, if removed, will not cause significant harm to you or your family.) Who do I need to talk to rework my schedule so that I am less distracted and agitated? |  |
| What activities normally draw my heart close to the Lord that I should (re)implement in my life? What are new activities that I can try? |  |
| Who are the “Marthas” in my life?  i. How can I encourage them to rest and   spend time with the Lord in His Word?  ii. How can I take some of their burden in   life or in ministry? |  |