

*Lesson 3*

# One Thing

*A 7-Week Study Guide*

## What comes to mind when you hear or read the word worship?

Hey Life Group Leaders! Welcome to Week 3 and the start of our new Life Group Video Series, "One Thing!" We hope that this series will be uplifting, challenging, and help you find your next step in your journey with God!

This week, you have six questions coming up based on the video lesson this week! Remember that these Leader Notes are to serve as a guide for further and deepening conversation with your Life Group, not as the answers! Enjoy this week's discussion and always remember to ask an extra question such as "Why do you believe that?" to draw out some more conversation from your group members!

To start of this lesson, this is a very simple "get to know you" question with a great opportunity for your whole group to share. It may help if you, as the leader, are transparent and willing to share. Some may think of music and singing together with other people, as was stated in the video. Others may worship God outside gazing at the rising sun while sitting on their surfboards out in the cool ocean water as they watch the night fade into day. There are many different ways to worship. Enjoy the different scenarios as your group shares with each other.

## Have someone in the group read Luke 10:38-42. What are some differences between Martha and Mary? Can you relate more with Mary or Martha? Have you ever felt like Martha?

Luke 10:38-42 reads, *"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. 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!'"*

*"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

Martha is one who feels and takes on responsibility to get things done. Mary is more concerned about sitting and learning from the Rabbi. Both are important and a form of worship! Martha's problem is that the work she has taken on has

become less about serving and worshiping in the midst of the work, and she let her attitude get in the way of her service offering. Jesus is not chiding Martha for cooking and being hospitable, or because he doesn't think she has faith in her heart. He is pointing out to her that the service she is rendering is coming out of frustrations, anxiety, and anger and that it isn't necessary for her to be in such a state. If she is not joyful doing the cooking, if she is not finding God there, why not join Mary and talk with him for a while? There is a place for physical food, certainly, but it is never more important than taking in spiritual vitality. Everything else is secondary. Instead of agreeing to send Mary off to the kitchen, Jesus indicates that her choice to drink in his words is critical. Jesus appears to be offering the same choice to Martha.

The second and third part of this question is another opportunity for everyone to share. Everyone will have differing answers and perspectives. Remember, no snap judgment or quick fixes.

**In the lesson we learned that, “Worship is important because what we worship ends up taking our time, devotion, and resources. It demands our full attention and what we worship actually owns us.” What is it in your life that regularly competes with Jesus for your devotion?**

This is another opportunity for everyone to share their experiences with distraction and/or competing devotion to something or someone other than Jesus. Some answers may include: money and stuff, sports, technology, hobbies, family, education, political allegiances, tradition, social media ... Again, everyone will have differing answers and perspectives. Remember, no snap judgment or quick fixes. However, talk through some of these distractions and look for ways together to take steps of removing those distractions.

**How can you choose to worship Jesus above all else? What are some changes that you've made in your life or need to make so Jesus can have your full devotion?**

Some answers may include that they don't know how to worship Jesus above all else. Some may have never been taught what it means or looks like to put Jesus first. It's important to talk through what that looks like for people who feel they do put Jesus first. How do they do that?

Some practical examples might be regular weekly attendance to worship services. This might include the attitude to which you go to worship service. Is this a

burden that “you have to do” or is this something you look forward to and “get to” participate in. You get to see some people that you have come to know and love. Maybe you look forward to a meal with them and continue the worship service as you celebrate over food and conversation.

This is another opportunity for everyone in the group to share their thoughts and possible struggles with this concept of putting Jesus first in all areas of your life. What changes have you made, thought about, struggle to pull the trigger on ... ? Talk through and share with your group together. It may be helpful as you, the Life Group Leader, are transparent with your group to give them the comfort of knowing they are not alone in their struggles.

**After reading Hebrews 4:12, discuss how the daily reading and studying of scripture can make us better worshipers.**

Hebrews 4:12 reads, *“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”*

The word of God” is the living voice of God in the gospel of Jesus Christ. It is like a sharp sword, discerning the intentions of the heart, which though hidden from human sight are naked and exposed before God. The decisive criterion for the spiritual life is thus not impulsive activism or emotional comfort, but the living word of God that clarifies our minds, incites our hearts, and quickens our wills. This then helps us to worship and express in words, music, rituals, and silent adoration the greatness, beauty, and goodness of God, by means of which we enter the supernatural reality of the glory of God.

**The lesson reminded us that, “Worshiping Jesus is absolutely necessary because it brings us the rest that we need: Spiritual, emotional, and even physical rest. It is the act of surrendering all of who we are at the foot of Jesus.” How does viewing worship as surrender give us rest?**

Surrendering all to “the foot of Jesus” would include anxieties, worries, grudges, resentment, jealousy, etc. Being free of these releases us to a state of contentment and rest that we have not otherwise been able to experience. This is a freedom that Jesus longs for us to live in and the reason he died. He took on all the guilt and shame of our transgressions that we would be free to live the abundant life he envisioned for us.

## What can you choose to do this week so that you can deepen your worship?

To close this lesson up for this week, this is a good opportunity for everyone to share something that they learned or a next step in their walk with Jesus. No answer is the perfect answer as many will have a varied next step. Remember, no snap judgments or quick fixes.

Take a few minutes to:

- Write down one personal takeaway from this lesson.
- Now, write about how this takeaway could be applied to your life.
- Finally, if you're comfortable doing so, share your takeaway and life application with the group.

If you have a chance to give the group time to do this exercise, it would be good ... but don't feel pressure to rush through the other questions (if you're having healthy discussion) to do this exercise. If you run out of time but still want to take part in this exercise one idea is for group members to do this on their own time during the week and share what they've written with other group members via email or text.