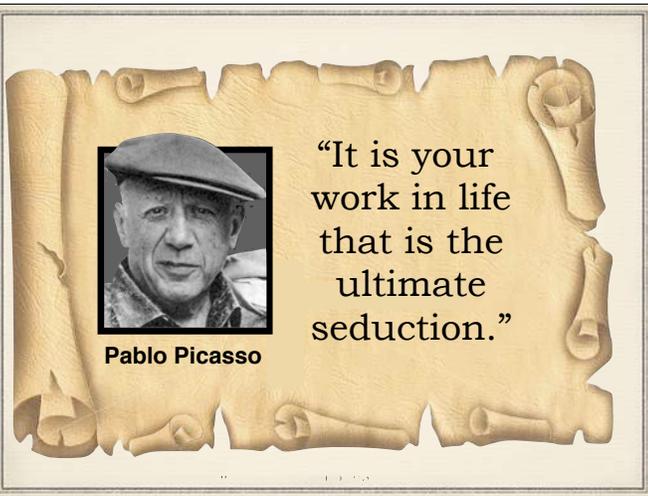


1.

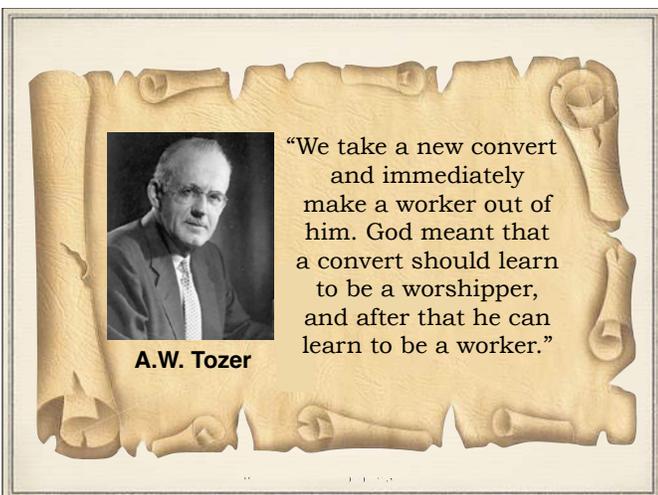
- (a) The greatest need in my life is more faith.
- (b) The big need in my life is more self-discipline.

2.

- (a) My biggest challenge is to make time to meditate, listen, and appreciate God and others.
- (b) Laziness is my biggest problem. I need to be more productive and efficient.



***We live in a culture that tends to worship at work, work at play, and play at worship.***



*Matthew 22*

"<sup>36</sup> Teacher, which is **the great commandment** in the Law?" <sup>37</sup> And He said to him,

'You shall **love the Lord your God** with all your heart, and with all your soul, and with all your mind.' <sup>38</sup> This is the **great and foremost** commandment.

<sup>39</sup> The second is like it, 'You shall **love your neighbor** as yourself.'

✓ **The two are inseparable.**

✓ **The order is significant.**

## Daniel

### Wait & Watch



## Martha & Mary

### Worship



### Luke 10

<sup>38</sup> Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him into her home. <sup>39</sup> And she had a sister called Mary, who moreover was listening to the Lord's word, seated at His feet. <sup>40</sup> But Martha was **distracted (drawn away)** with all her preparations; and she came up to Him, and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." <sup>41</sup> But the Lord answered and said to her, "Martha, Martha, you are **worried** and **bothered** about so many things; <sup>42</sup> but only a few things are necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her."

### Cultural details of note:

1. Hospitality in the ancient near-east was mandated and a virtue.
2. Jesus deeply loved both Mary and Martha.
3. It was considered improper and disrespectful for a woman to be taught the Law.

### General observations:

1. Martha expects Jesus to support her criticism of Mary.
2. Jesus' response is shocking.
3. Martha is critiquing Mary not vice versa.
4. Martha is critiqued not for her work so much as for her focus and priorities.  
*Mary is drawn to Jesus.*  
*Martha is drawn away by other things.*

### Luke 8:14

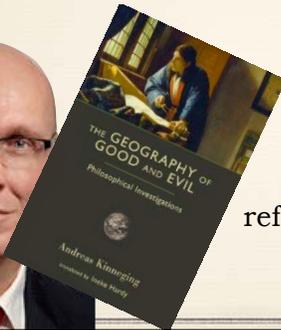
"And the seed which fell among the thorns, these are the ones who have heard, and as they go on their way they are choked with **worries** and riches and pleasures of this life, and bring no fruit to maturity."

### Acts 20:10

<sup>9</sup> And there was a certain young man named Eutychus . . . was picked up dead. <sup>10</sup> But Paul went down and fell upon him and after embracing him, he said, "Do not be **troubled**, for his life is in him."

## 1. Leisure is needed for life.

- ✓ **Time-out.** Traditional cultures valued leisure as time to reflect, refocus, and renew.



“Modern Western culture has lost an appreciation of the importance of leisure (time to reflect and imagine).”

Andreas Kinningg

## 1. Leisure is needed for life.

- ✓ **Time-out.** Traditional cultures valued leisure as time to reflect, refocus, and renew.
- ✓ **Listening.** It takes quiet time to listen to our own soul as well as to the Spirit of God in us.
  - Solitude.** Jesus’ life was a life that modeled private meditation.
  - Fellowship.** We can expect God to speak to us through experiences and other people.
- ✓ **Learning.** We should frequently have “Ah Ha” experiences in life. Learning is an energizer of the Spirit.

## 1. Leisure is needed for life.

- ✓ **Time-out.** Traditional cultures valued leisure as time to reflect, refocus, and renew.

### A few suggestions if you are stuck.

**Go fishing.** It’s more about waiting than catching fish.

**Give time to the arts.** Music is a medium that invites the soul to listen to the subjective side of life.

**Have a regular QT.** Don’t just go through the motions of reading Scripture and working a prayer list but really rest your soul (listen, reflect, imagine).

**Observe a Sabbath day.** Discipline yourself to take time-out.

### 1. Leisure is needed for life.

## 2. Mary models a healthy church.

- ✓ **Corporate worship** that draws our hearts to the glory of God and the truth about our own soul.
- ✓ **A sensitive calendar** that does not fill the lives of the saints with meetings and ministry activity.
- ✓ **Modeling** by leaders of a life of peace, through reflective meditation, worship, and loving relationships.
- ✓ **Business meetings** that reflect faith, hope, and love rather than fear, control, and personal ambitious (measurable) goals.

### 1. Leisure is needed for Life.

### 2. Mary models a healthy church.

## 3. Mary can be a Pharisee.

- ✓ **Spiritual pride** that stands in judgment of those who are in the kitchen “doing God’s work.”
  - Preoccupation** with Jesus leaves little time to judge others.
  - The inner life** is the issue not the outer posture.
- ✓ **Legislated leisure** that manipulates behavior through guilt and shame is a Martha thing.
- ✓ **Grace and Peace** are key signs of a Mary heart.
- ✓ **Whining and Worrying** are signs of a Martha spirit.

### 1. Leisure is needed for Life.

### 2. Mary models a healthy church.

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### What (spiritual) leisure is NOT!

**R&R.** It is not laying around with nothing to do.

**R&D.** It is not preoccupation with the work we didn’t get done or plan to do.

**“Religious” activity.** It is not “church work” when the emphasis is on the “church” and “work.”

**“Petition.”** It is not “prayer” for God to work or make our work more effective.

1. Leisure is needed for Life.
2. Mary models a healthy church.
3. Mary can be a Pharisee.

#### 4. I find my true self in worship.

- ✓ **Feeling alive** is what draws us and drives us to work, worship, and just about everything else.  
**Abiding in Christ** is our calling (John 15).  
**Fruitfulness** (Godliness) is the result.
- ✓ **AWOL** is auditing the Christian life and it will show up if and when we audit our own heart.
- ✓ **Spiritual formation** is knowing yourself, accepting yourself, forgetting about yourself, and giving yourself.

“We have been led to believe that personal fulfillment is only possible if we submit to no one but self not realizing that our deepest fulfillment is in submitting to something outside of & greater than self.”

**humans are  
designed to  
WORSHIP!**



1. Leisure is needed for Life.
2. Mary models a healthy church.
3. Mary can be a Pharisee.
4. I find my true self in worship.

#### 5. Sabbath is a lifestyle.

- ✓ The Sabbath was the **crown on God's creation**. (Gen.2:1-3)
- ✓ Its observance was a **sign of Israel's spiritual special intimacy with God**. (Ex.31:13)
- ✓ **An inner posture** rather than a special day is the New Covenant Sabbath. (Heb.4)
- ✓ The Sabbath was **made to tutor and protect man**. (Mk.2:27)

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#### 5. Sabbath is a lifestyle.

##### How to observe the Sabbath

**Rigid legalism** about a special “day” is not in the spirit of the New Covenant. (Rom.14:1-9)

**Grace** that finds confidence in the Cross of Christ will free us from a “works of the law” relationship with God and others.

**How we work** is the real test of a Sabbath spirit.

**Christian living is the natural outward expression of an inner identity and heart.**

**Our culture tends to measure a person's worth in terms of “doing” (expression) more than “being” (essence).**

**The Gospel is not about “do” but about “done.”**

**Worship comes after God's work and before ours.**

**The question is not do we work on the Sabbath but do we bring the Sabbath to our work.**

