

Timeout: Week 2

March 9, 2025

Icebreaker Ideas

1. What is your favorite vacation destination?
2. Where would you most want to travel to?

WATCH VIDEO

Message Summary

In a fast-paced world, we often struggle to slow down. Like Martha in *Luke 10:38-42*, we get caught up in distractions, responsibilities, and expectations, missing the presence of Jesus right in front of us.

Mary, however, **chose to pause and sit at Jesus' feet**. She prioritized His presence over productivity.

Jesus' gentle correction of Martha teaches us that **while work is good, worship comes first**. When we take time to pause with Jesus, we experience renewal, clarity, and the peace that only He can give.

Scripture for Discussion

- **Luke 10:38-42** – As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."
- **Psalms 46:10** – "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

- **2 Samuel 6:13** – After the men who were carrying the Ark of the Lord had gone six steps, David sacrificed a bull and a fattened calf.
-

Discussion Questions

1. When you hear the story of Mary and Martha, which one do you relate to more? Why?
 2. What are some “big dinners” in your life—responsibilities or distractions that make it hard to pause with Jesus?
 3. Jesus told Martha she was “worried and upset over many things.” What are the things that most often pull your focus away from God?
 4. What does it practically look like to “pause” and be with Jesus in your daily life? How can you create space for that this week?
 5. How would your life, relationships, or mindset change if you consistently prioritized time in God’s presence?
-

Closing Prayer

"Jesus, thank You for inviting us to sit at Your feet and rest in Your presence. Help us to pause, to refocus, and to put You first. Show us where we've been distracted, and teach us to find peace in You. May our time with You renew our hearts and shape the way we live. Amen."