



# I THINK. I FEEL. I AM ... overwhelmed

LUKE 10:38-42

## I. We can become overwhelmed with the \_\_\_\_\_ we place on ourselves.

*Now as they went on their way, Jesus entered a village.  
And a woman named Martha welcomed him into her house. v. 38*

## II. We can become overwhelmed with the \_\_\_\_\_ of numerous or even noble tasks.

*And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.  
But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." vv. 39-40*

## III. We can become overwhelmed with our \_\_\_\_\_ of others' expectations.

*But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." vv. 41-42*

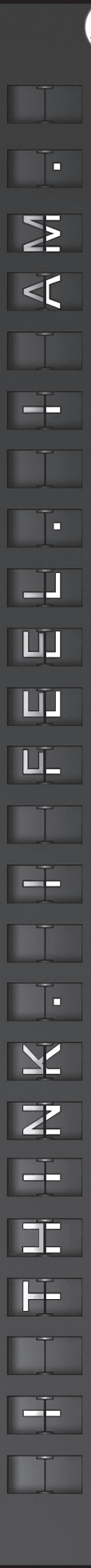
*"Come to me, all who labor and are heavy laden, and I will give you rest.  
Take my yoke upon you, and learn from me, for I am gentle and lowly in heart,  
and you will find rest for your souls. For my yoke is easy, and my burden is light."  
MATTHEW 11:28-30*

*When I think, I feel, I am overwhelmed ...*

■ I THINK ... about \_\_\_\_\_ what matters most to God.

■ I FEEL ... \_\_\_\_\_ to do what God has called me to do.

■ I AM ... Jesus' \_\_\_\_\_ first and foremost.



DEVOTIONAL & HOME GROUP STUDY

"This text is not just about the role or status of women, but about discipleship. Yet the fact that Jesus pictures women as disciples shows that they are treated with respect as people and as full disciples. In a culture that tended to regard women as little more than children, this is a significant step by itself. ... Mary's sitting at the feet of Jesus portrays a person willing to learn from him, while Martha's busyness pictures someone serving him. Disciples need to do both. In other words, discipleship is a balanced combination of two things: service and reflection."

DARRELL BOCK

"Do we look for answers in God's Word when we are overwhelmed? Furthermore, do we study it and meditate on it? Do we truly seek out God's voice, through His Word, in difficult situations? When we come to the end of ourselves and pursue the Lord, it's then that He is most likely to do a major work in our lives. In fact, sometimes that is exactly what God is waiting for: for us to come to the end of our rope, so that we surrender completely to Him and allow Him to take absolute control."

STEVE MAYS

"Few things are as damaging to the Christian life as trying to work for Christ without taking time to commune with Christ. ... It seems evident that the Lord wants each of us to imitate Mary in our worship and Martha in our work. Blessed are the balanced!"

WARREN WIERSBE

Ask the Holy Spirit to reveal His truth and wisdom as you go through this lesson.

1. Relate this statement to your spiritual life: You always find time to do what you want most of all to do.

2. Read Luke 10:38-42. What is implied by Luke's description of Mary in verse 39?

3. Was Martha less devoted to the Lord than her sister? Explain Martha's anxiety, and where she goes wrong in her words to Jesus. Can you think of any ways in which we do the same?

4. What do the Lord's words to Martha reveal about His attitude toward her and the kind of relationship He wants to develop?

5. How should we go about keeping busyness under control, balancing work and worship? How did the sermon aid you in your thinking about that subject?

6. What are two things overwhelming your attention? How can you look to Jesus to surrender those burdens and allow Him to carry them for you as you worship Him?

FOR PERSONAL REFLECTION

Read Jeremiah 15:16. When we are overwhelmed with life's problems, as Jeremiah was with the difficult assignment God had given him at that time, why is it important to look to God's Word?

What does it mean to "eat up" God's Word?

How can "eating" the Word of God give us joy in our difficult situations? Have you experienced this? Why or why not?

A WONDERFUL OFFER

Being a Christian isn't based on membership in a local church or keeping a set of rules. It involves a personal relationship with Jesus Christ and an understanding of who He is and what He has done to provide man with a way to experience God's love for us. Here's how to know Jesus Christ as your personal Savior:

- 1. Realize that you are sinful and separated from God. (Romans 3:23; Isaiah 53:6)
2. Recognize that the penalty for your sin is death—eternal separation from God and all that is good. (Romans 6:23; Hebrews 9:27)
3. Understand that Jesus Christ took the penalty for your sin by dying in your place and that He rose again. (Romans 5:8; 2 Corinthians 5:21)
4. Receive the free gift of salvation by trusting in Christ alone as your Savior. (Romans 4:4-5; Ephesians 2:8-9)

"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life." (John 3:16 NASB) You can use this prayer to express your decision to God: "Dear God, I know that I am a sinner. I believe that Jesus Christ died on the cross for me and rose from the dead. I trust in Him alone as the only way to get right with You. Thank You for the forgiveness of sins and the eternal life I now have. Amen."

COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week at Christ Chapel. If you'd like to find out even more, visit www.ccbcfamily.org/events.

CONVERSATIONS WITH GOD Wonder why there's suffering if there's a good God? It's a common question God's people wrestle with. Even in the Old Testament, one of God's prophets, Habakkuk, began a conversation about God's sovereignty, mercy and justice. Want to listen in? The Women in the Word study, Conversations with God, starts this month! Visit www.ccbcfamily.org/wiw to read more.

FIREPROOF FAITH God is mighty and faithful, and His design for the men who follow Him changes the world for His glory and their good. Ready to run the race with brothers? This summer, our men's ministry's Bible study, Band of Brothers, is heading into a study of Galatians—focused on a fireproof faith. Get suited up and visit www.ccbcfamily.org/bob to sign up today!

SPECIAL ONE-DAY EMBARK EVENT Embark is our new "Get to know Christ Chapel" class—great for anyone who wants to learn more about us or is considering membership. This month, we're offering the THREE sessions of Embark on ONE Sunday afternoon! Join us on May 19 from 1 to 4 p.m. to learn about our beliefs, vision and values. Learn more at www.ccbcfamily.org/embark.

AVENEW WEEKEND Are you dating, engaged or newly married? There's a weekend dedicated to you and your relationship, and we'd love to have you join us! Hosted at Common Grounds coffee shop from Friday, May 17, to Saturday, May 18, we'll have an open conversation about finances, communication, God's purposes for marriage and more. The registration deadline is approaching fast, so save your spot today at www.ccbcfamily.org/avenew.

WANT TO GO DEEPER? Starting this month, Discard or Joy: Tuning Your Emotional Playlist, will be a four-week class for anyone to join, and it's happening here at the Fort Worth Campus. Designed to complement our current sermon series, I Think. I Feel. I Am., we'll find ways to tune our emotions into a melody that sounds just right. Read more about this class, see details and complete your registration by visiting www.ccbcfamily.org/emotions.

ELDER PRAYER The elders and their wives would love to spend time with you and pray for any encouragement or healing you need in your life right now. God does extraordinary things when we go to Him, and we're excited to do this together next Sunday, May 19 at 12:30 p.m. in the Sanctuary. Learn more at www.ccbcfamily.org/elderprayer.



LOOKING FOR THE CONNECT CARD? Scan the QR code here to fill out a Connect Card. Our team will reach out this week to answer your questions and tell you more about Christ Chapel.

IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE. The process is quick and easy—text GIVE to 24253 to get started.