

Small Group Discussion Guide

Series: What is Needed Part 3: One Thing is Needed

BIG Idea: Good things can crowd out the necessary thing.

Application: Create space for unhurried presence with Jesus, choosing attentiveness to Him over busyness for Him.

Discussion Questions

Icebreaker: What's one good thing in your life right now that tends to demand a lot of your attention?

1. In Luke 10:40, Martha is described as "distracted." What are some modern equivalents of that kind of distraction?
2. Why do you think anxiety often shows up even when we're doing good or responsible things?
3. Which part of Martha's situation do you relate to most right now—pressure, expectations, or feeling pulled in many directions?
4. Jesus says only "one thing is needed." Why do you think narrowing our focus feels difficult in everyday life?
5. How does Psalm 27:4 help us understand what Jesus means by devotion rather than duty?
6. What stood out to you about the idea that *reduction is not loss, but mercy?*
7. Mary's choice is described as something that "will not be taken away." What does that tell us about where lasting security is found?
8. What does it look like, practically, to choose attentiveness to Jesus in a busy week?
9. Which sticky statement from the sermon challenged you the most, and why?
10. How can this group help one another live more centered, attentive lives rather than fragmented ones?

Prayer Prompt: Pray together, asking Jesus to re-center your hearts, calm anxious distractions, and help each person choose what is truly needed this week.

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