

Jesus: The One Thing

Luke 10:38-42 ▪ November 2, 2025 ▪ Jeremy Winkelman

_____ against _____ from the one thing (38-41)

- _____ distractions

- _____ distractions

_____ with _____ to the one thing (42)

- One thing is _____: Choosing to _____ Jesus _____

- One thing is _____: _____ Jesus

- One thing to ____: _____ Jesus

Luke 10:25-37

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.

⁴⁰ 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."

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

Personal Reflection or Group Discussion Questions

Open: When hosting guests or working on a big project, are you generally a Martha (focused on serving and getting things done) or a Mary (focused on relationship and presence)? Share about a time when being too focused on “doing things” and attending to details distracted you from something more important.

Read: Luke 10:38-42

Discuss:

1. Martha’s actions of welcoming Jesus (v. 38) and being busy with serving (v. 40) were rooted in genuine hospitality. What makes her initial motivation good and commendable? How can good, commendable actions subtly become a source of personal anxiety and distraction if not properly guarded?
2. Martha turns her frustration with Mary toward Jesus, saying “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me” (v. 40). What does this complaint reveal about her emotional state and her relationship with Jesus? How does focusing on what others *should* be doing often prevent us from choosing the “good portion” ourselves?
3. While Martha was serving, Mary “sat at the Lord’s feet and listened to his teaching” (v. 39). What does this act of sitting at Jesus’ feet reveal about Mary’s devotion and values? How can we cultivate this “listening posture” when our time is limited and demands are loud?
4. Jesus gently corrects Martha, saying, “only one thing is necessary. Mary has chosen the good portion” (v. 42). What do you think Jesus means by “the one thing necessary” in this context? How does prioritizing this “one thing” actually prepare and equip us to better handle the “many things” in life?
5. In John 15:5, Jesus stated, “Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.” How might Jesus apply the truths of John 15:5 to both encourage and challenge Martha? How can we recognize “fruit” in our lives that is produced by anxiety and self-reliance rather than by abiding in Christ?

Apply: What would it look like for you to choose the good portion, and what distractions would you need to devalue in order to prioritize this?

Pray: Pray for discernment to recognize the difference between God-honoring service and anxious distraction. Pray that your hearts would be drawn to Mary's posture of devotion, asking God to help you choose “the good portion” of time with Him above all temporary demands and successes.