

LUKE
10:38-42



STONEBRIDGE
CHURCH

One Thing

Luke 10:38-42

“Only one thing is needed.”



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LUKE
10:38-42



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THE SEARCH

**We're all looking for the
one thing**

health

success

money

family

control

answers

approval

security

Luke 10:38-42

LUKE
10:38-42



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THE TURN

**Jesus stops us in our
tracks**

“One thing is needed.”

Really?

Why one thing?

What one thing?

LUKE
10:38-42

Not activity vs. stillness

**Doing things is bad.
Meditating is good.**

*That's a misunderstanding of the
passage*



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LUKE
10:38-42



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MARY AND MARTHA

**Same room.
Different centers.**

Jesus

**Mary rotates
activity around him**

**My
Expectations**

**Martha asks others
to rotate around
them**

Luke 10:38-42

LUKE
10:38-42



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THE WARNING SIGN

**When my expectations
become central...**

**I need everybody else
to live at my pace too.**

Who is deciding the pace and
activity in your life?

Luke 10:38-42

LUKE
10:38-42



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BUSY AND ANXIOUS

It's not just the activity.

*Look at the fruit your activity
is producing in you.*

Life-giving fruit

love
peace
presence
generosity

Warning fruit

resentment
anxiety
comparison
isolation

Luke 10:38-42

LUKE
10:38-42



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WHAT CANNOT HOLD

**Anything we lean on other
than Jesus cannot hold us.**

weak

unstable

rickety

It always becomes unstable.

Luke 10:38-42

LUKE
10:38-42



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WHAT IS NECESSARY

**What can satisfy our
deepest needs deserves
priority.**

Relationship to God —
receiving and offering grace
and mercy —
The **one thing** that can hold
us no matter what.



LUKE 10:38-42



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PRACTICE

Do an inventory

1

Who or what creates the most stress in my life right now?

2

What am I asking this person or situation to give me?

3

What would it look like to release it from carrying my identity?

LUKE
10:38-42



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THE INVITATION

**Start your days with God,
not a God agenda.**

*Even this can become another
project.*

**The one thing isn't another
thing.
It's a person.**

Luke 10:38-42

LUKE
10:38-42

COMMUNION

**You don't accomplish
communion.**

**You open your hands
and receive.**

Grace. Given. Received.