

SERMON NOTES

September 12 & 13, 2026

Back to Basics: Love Jesus

Luke 10:38-42

The Mary, Martha and Jesus Story:

Luke 10

1. Martha is doing exactly what she should have been doing. **vs.38**

2. Martha's problem was not her busyness or spiritual type, but what was happening in her soul.
 - She was distracted: Greek – periespato - Being dragged around by something. **vs.40**
 - She was worried and upset. **vs.41**
 - She was so busy with her to do list that she missed the main thing. **vs.41-42a**

3. Mary got the main thing right, sitting and listening at Jesus feet. **vs.42b**

Application:

1. The goal of discipleship is to fall in love with a person named Jesus and learn how to love what he loves.

2. We are not flourishing in our faith because we don't really love Jesus. **John 21:17**

3. Homework:
 - 1% Challenge - I will spend 1% of my day with Jesus.
 - 1% Plus Challenge - I will do more of what I am already doing with Jesus. **Luke 10:42b | John 1:16 ESV**

Life Steps

Back to Basics: Love Jesus | September 14 - 20, 2026

Monday

Luke 10:38-42

Reflect: The church needs both spiritual types, Mary and Martha. Which is your natural bent and how are you using it for the good of God's purposes?

Prayer: "Be still and know that I am God." - *Psalms 46:10* Practice the 1% Challenge.

Tuesday

Luke 10:38-42

Reflect: Martha's soul was distracted, being dragged around by many things. How do you relate? Identify the items on your "to-do list" that drain you.

Prayer: "Come to me, all you who are weary and burdened, and I will give you rest." - *Matthew 11:28* Slowly read Matthew 11:28 two or three times and practice the 1% challenge.

Wednesday

Luke 10:38-42

Reflect: Martha was upset and worried about many things. When you examine your life and the world as a whole, what do you find yourself most upset and worried about?

Prayer: "Cast all your anxiety on him because he cares for you." - *1 Peter 5:7* Practice this verse in your prayer time and throughout the day.

Thursday

Luke 10:38-42

Reflect: Mary stopped what she was doing to sit at the feet of Jesus and be with him. What habits and tendencies prevent you from stopping and being exclusively with Jesus even for 10 minutes a day?

Prayer: "And surely I am with you always, to the very end of the age." - *Matthew 28:20* Set a 10-minute timer and sit in silence, just being with Jesus.

Friday

Luke 10:38-42

Reflect: Sitting at Jesus' feet, Mary was learning to love what Jesus loved. Based on your understanding of the stories in Matthew, Mark, Luke, and John, what and who do you think Jesus loves? How does that match up with what you love?

Prayer: "But God demonstrates his own love for us in this: while we were still sinners, Christ died for us." - *Romans 5:8* Set a timer for 10 minutes and sit at the feet of Jesus and his great love for you.

Saturday

John 21:15-17

Reflect: How do you think Peter felt when Jesus asked him three times, 'Peter, do you love me?' Is it easy or difficult for you to serve, give and/or sacrifice for the purposes of God? Why do you think that is?

Prayer: Consider all you have planned for today and then invite Jesus to join you in each of them.

Sunday

1 John 4:19

Reflect: Write out this verse two or three times. Memorize it. Recite it out loud. Write it again from memory. Repeat it throughout the day, especially as you prepare your heart for worship.

Prayer: God, thank you for your great love for me. Help me to love what and who you love.