



Sessions: I'm So Stressed Out

June 29th, 2025

LEAN IN

(Start here to help the group connect personally before diving into Scripture.)

- When you think of your current schedule, do you feel more like Mary or Martha? Why?
- What does a “busy” week look like for you, and how does it affect your relationship with God? How does it affect your relationship with others?

LOOK UP: Scripture Engagement (Luke 10:38–42)

Read the passage together:

OIA Method

Observation (What does the text say?):

What do you notice about Martha? About Mary?

What is Jesus affirming, and what is He correcting?

Interpretation (What does the passage mean?):

What do we learn about Jesus' values here?

What do you think Jesus meant by “the one thing necessary”?

Why do you think it was hard for Martha to pause and join Mary at Jesus' feet?

Application (What's my response?):

How are you encouraged, challenged, or convicted by Jesus' words to Martha?

What would it look like for you to “choose the better portion” this week?

What is one “anxious or troubling” thing Jesus is inviting you to surrender?

Additional Reflective Questions

Read Ephesians 5:15–17. What does it mean to “make the best use of the time”? How can we do this practically without becoming more frantic?

Read Haggai 1:5–9. What does it look like to “consider your ways” in the way you use time, energy, and attention?

Is there anything you’re building that God hasn’t asked you to build?

Scripture References

Luke 10:38–42

Ephesians 5:15–17

Haggai 1:5–9

Prayer Guide

Take a few moments to be silent and ask Jesus, “Where do I find myself frequently responding with the phrase ‘I’m too busy’?”

Then pray through the following:

Surrender – Ask God to reveal any area where you are striving or distracted.

Re-center – Pray for a renewed desire to be with Jesus, not just serve Him.

Wisdom – Ask for wisdom to know what to say yes or no to in the week ahead.

Rest – Invite the Holy Spirit to help you experience true rest in Jesus.

Close by reading Matthew 11:28–30 as a group prayerful reminder.

Practice (STEP OUT)

Choose one or more steps this week:

Time Audit – Track how you spend your time each day this week. At the end of the week, ask: “Does my schedule reflect my spiritual priorities?”

Technology Sabbath – Choose one evening or one full day to unplug from screens and spend intentional time in rest, prayer, or with loved ones.

Silent Morning – Begin one morning this week with 15 minutes of silence and prayer before starting your to-do list.

