

**“One Thing”**  
**Small Group Bible Study**  
**July 22, 2007**

**Read:** Luke 10:38-42

**Reflect:** Of all the things you do, what is the one thing that is most important? What things might distract you from this one thing?

**Dig:** Describe the scene. What was Martha doing that was fitting and good? Why did Jesus speak to her as he did? What do you suppose distracted her and caused her to be worried and upset? What was the ‘one thing’ that Mary discovered? How does this passage display Jesus’ embrace of the ‘least, lost, little and left-out’? Experiencing the welcoming embrace of Jesus causes people to live passionately, some might say recklessly, for Him. Check out John 12:1-3 to see Mary’s response.

**Apply:** In what ways do you identify with Martha? With Mary? Jesus invites us to find our rest and joy in Him. Read his invitation as translated in *The Message* and write a prayer of response. “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30.