

ONLY ONE THING IS NECESSARY Text: Luke 10:38–42

The One Thing That Changes Everything

Introduction:

1. **2020 was a Year full of Worries and Troubles and Distractions...**
 - a. It Was 7 months into 2020 when I wondered: Why Did Jesus Say Do Not Worry?
 - b. During a Worldwide Pandemic, Social Unrest, Rioting and Fires and messed up election
 - c. I'm Wondering to Myself, what Does Jesus Know that We Don't—to say Do Not Worry?!
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I. THE BURDEN OF WORRY

A. MARTHA IS DISTRACTED

1. **Martha is a good person—she loves the Lord and wants to serve...**
 - a) But Even Good People Can Be Distracted by Many Things...
 - b) It's possible that there are others in the house like Jesus disciples
 - c) As a Result Martha Feels Overwhelmed with all she wants to accomplish
 - d) Maybe she wants everything in the house to be perfect for Jesus
 - e) She wants to Listen as well—and if Mary would help they could both listen to Jesus
2. **WORRY CAUSES COGNITIVE DISTORTIONS—causing us to think...**
 - a) **That God doesn't care**—Martha said to Jesus: “Don't you care?”
 - b) **Life is not fair** (She sits at feet of Jesus while I'm doing the work)
 - c) **To Feel Alone** (no one is helping me)
 - d) **Worry Distracts us** from what is most important
 - e) **WORRY CAUSES OUR WELL TO RUN DRY**

We Get Frustrated, Exhausted, Defeated, and Discouraged

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”

— Corrie Ten Boom, Clippings from My Notebook

3. **BUT MARTHA'S REAL PROBLEM WASN'T MARY—IT WAS MARTHA**
 - a) She had become distracted and had taken her eyes off Jesus.
 - b) There are many Cranky Christians who become irritable in their service for the Lord
 - c) They become resentful of others when they compare what they're doing and to criticize those who don't seem to do as much.

“Martha's frustration is typical of those who diligently serve with good intention, but forget to also sit at Jesus' feet.” (Guzik)

B. MARY IS DEVOTED

1. **Mary chose to sit at Jesus feet and learn from Him (10:39)**
 - a) She was more concerned about being a good disciple, than being a good hostess
 - b) She put her priorities on learning from Jesus
2. **She Chose the One Thing that is eternal—rather than temporary (Jn 4:14)**

“The one thing needful ... This can be nothing except hearing the word of the Lord; that is what Mary was doing, and it was the thing which Jesus refused to interrupt on behalf of lesser human obligation. The application is timeless: whatever the duties of men, whether real or imagined, whether lesser or greater, the one great obligation of all who were ever born

is that they shall heed the word of the Son of God. Much of the failure of modern Christianity lies in the fact that Christians are busy with all kinds of things, many of them important and necessary, of course; but yet they have no time for the word of the Lord.” —James Burton Coffman

II. THE ONE THING NECESSARY

A. JESUS GIVES US A PRINCIPLE FOR LIFE... ONE THING IS NECESSARY

1. **As Christian’s we have many proper responsibilities**
 - a) As Parents, as Husbands or Wives, as Parents
 - b) As Employees or Employers
 - c) As Citizens and as good neighbors
2. **But Sometimes we Let Urgent Things Push Out the Important Things**
 - a) We Get Busy and Distracted with Good Things—But we Neglect the Better things
 - b) **We’re Driven by a Clock—Rather than Guided by a Compass**
3. **But When we become distracted by even the things that are good... We will find ourselves like Martha: worried, troubled, stressed out!**

B. PUTTING FIRST THINGS FIRST

1. **Why Did Jesus Say Do Not Worry?**
 - a) Why Would He Say That With Everything Going on?
 - b) During a Worldwide Pandemic, Social Unrest, Rioting and Fires and now a totally contested and confusing election...
2. **I Was Thinking—What Does Jesus Know That We Don’t? (Matt. 6:25–34)**
 - a) He is saying—Stop Worrying and Start Seeking God First
 - b) Seek First the Kingdom of God and His Righteousness
 - c) And God Will Take Care of the Rest!

C. PUTTING GOD FIRST IS THE SECRET!

THE ONE THING THAT CHANGES EVERYTHING!

1. **THE KEY TO TRUE JOY (Psalm 16:11)**
2. **TO ANSWERED PRAYERS (Jn 15:7)**
3. **TO PEACE (Jn 16:33; Isa. 23:11)**
4. **To A Constant Source of SPIRITUAL REPLENISHMENT (Jn 7:38)**
5. **For ETERNAL LIFE (Jn 17:3)**
6. **For GRACE! (1 Jn 1:7, 9) >Or Outline the Victory in Christ Romans 8**

III. THE CHOICE IS OURS

(10:42) Jesus said, Mary has chosen that good part (NKJ) what is better (NIV)

It is a CHOICE each person must make...

A. SOME WILL CHOOSE TO LIVE DISTRACTED (like Martha)

1. **We Tend to Prioritize in Terms of:**

- a) Things I MUST Do
- b) Things I SHOULD Do
- c) Things I WANT to Do

2. God is usually stuck in category #2 next to exercise...

- a) I Should Read my Bible, I Should go to Bible Study, I Should worship God Sunday
- b) I Shoulda, Woulda, Coulda but God in His rightful place...
- c) But I put God on the back shelf or in the junk door of things I should do

3. Choosing this Approach to Life is to Live Life the Hard Way

- a) You Won't Have God's Help...
- b) You Become Worried, Discouraged, Depressed, Stressed Out
- c) Because it's All On You and Your Own Limited Strength

B. SOME WILL CHOOSE TO LIVE DEVOTED (like Mary)

1. To Chose the One Thing That Changes Everything

- a) This Prioritizes God as First and Most Important...
- b) To Love the Lord with all your heart, soul and mind
- c) To Seek First the Kingdom of God and His Righteousness

2. And When We Do That—God Takes Care of the rest!

- a) He Will Help You in Time of Need
- b) He Will Replenish Your Soul with Living Water
- c) He Will Renew Your Strength Like Eagles Wings
- d) He Will Lift You Up When You Fall

C. SOME WILL CHOOSE TO LIVE IN DENIAL

1. The Rich Young Ruler asked Jesus what should I do to inherit eternal life

- a) Jesus said, Keep the Commandments...
- b) But this young man said, I've done all that since my youth (He was in denial)

2. Jesus said, One Thing You Lack... (Mk 10:21)

The One Thing: Take Up Your Cross and Follow Me

CONCLUSION:

1. Martha learned from Jesus and had the opportunity to serve again

- a) at a special occasion after Jesus raised her brother from dead! (Jn 12:1-2)
- b) She served with no distraction, free from worry, with no rebuke from the Lord

2. This is what we can learn for this New Year

- a) Seek first the Kingdom of God, and His righteousness
- b) And He Will Take Care of Everything We Need!

3. Now We Know Why Jesus Says: Do Not Worry!

It Will Not Add a Single Hour to Your Life

“Remember, today is the tomorrow you worried about yesterday.” (Dale Carnegie)

Matthew 6:33–34 You CAN Have a Year Blessed by God by Putting Him 1st