

# Luke 10:38-42 (NIV)

<sup>38</sup> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said.

## Luke 10:38-42 (NIV)

<sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

## Luke 10:38-42 (NIV)

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."



#### Martha Had an Eye Problem

# 2 Corinthians 1:12 (NIV)

12 Now this is our boast: Our conscience testifies that we have conducted ourselves in the world, and especially in our relations with you, in the holiness and sincerity that are from God. We have done so not according to worldly wisdom but according to God's grace.



#### Martha Had an Eye Problem



Jesus Had a Solution



Formula for a Stressed-out Life



Make the Unnecessary Necessary

# 2 Corinthians 11:3 (NIV)

<sup>3</sup> But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.



#### Ask Yourself Some Questions



Live with Jesus as Your Audience

## Matthew 6:22 (NIV)

<sup>22</sup> "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light.

