

Leader Corner

Choose The Better

Luke 10:38-42

For the next 8 weeks, we are going to learn about and be challenged to live out specific attitudes that we desire describe us as a people of Eastview. These attitudes are signposts and indicators of how we can approach our everyday living in a way that softens or reshapes our hearts, and ultimately determines Christ-like behaviors on display for the people and places around us. In time, we hope the phrases and behaviors are how others describe those who are a part of the Eastview family. Each week's study will focus on the phrase, the theme and teaching passage, as well as suggesting how we can practically apply these attitudes both individually and collectively as a small group. In particular, this week should feel familiar. We want to double down on what we learned in the Practicing Jesus study. We choose the better life when we prioritize a purposeful time with Jesus.

Main Idea: We "Choose the Better" by purposefully prioritizing rhythms of practicing Jesus.

Main Practice: Prioritize a daily time with Jesus.

Main Teaching: Luke 10:38-42

As You Begin. . . What is something you do every day that helps you start, continue, or end the day well?

Connect with Prayer & Praise

Have someone in your group look up the song "The Truth" by the Belonging Company. You are welcome to sing together or listen along with the music.

Next, as you prepare to study the main teaching, have someone read the following prayer out loud:

"Lord of life and love, help us to worship you in the holiness of beauty, that some beauty of your holiness may appear in and through us. Quiet our minds, hearts, and souls in your presence with the stillness of your wise and true words. Lift us above the darkness and snares that so easily entangle us in the shadow of sin, so that we may find your will for our lives. May you be our source of peace and power. Amen" (adapted from *The Book of Worship*).

with Principle

As a group, read Luke 10:38-42 together and recall any notes, thoughts, or impressions from Sunday's sermon. What stood out?

You may be familiar with this passage and the depictions and differences described of Mary and Martha. Let's explore a few themes in relation to our own lives:

- Choices in Life: In the passage, Mary chooses to sit at Jesus' feet while Martha is busy with preparations. What can we learn from their contrasting choices about prioritizing time with Jesus in our daily lives?
- The Burden of Busyness: Martha expresses frustration about Mary's lack of help. How does busyness or over commitment in your life affect your ability to focus on Jesus? What steps could you take to balance responsibilities and spiritual priorities?
- Hearing Jesus' Voice: Jesus tells Martha that Mary has chosen what is better and it will not be taken away from her. How can we ensure we are "choosing what is better" in our personal and spiritual rhythms?

with Practice

This week's attitude is we "Choose the Better" by purposefully prioritizing healthy rhythms of practicing Jesus. Reflect on your current practices of spending time with Jesus (prayer, scripture, worship). Are these rhythms healthy and consistent? If not, what small changes could you implement to prioritize them?

As a group, discuss practical ways to encourage each other in practicing Jesus' presence daily. Be specific, what can this small group do to help one another stay accountable to healthy spiritual rhythms?

Spend some time praying together as a group.

for Further Study

Read and study Colossians 1:15-28 and Ecclesiastes 3:1-8. How do these passages address the idea of prioritizing healthy rhythms?

Refer back to the Practicing Jesus study by clicking [here](#), in particular weeks 1-4.