

**When Distraction Fights Devotion: Decision Wins**

**Main Passage:**

**Luke 10:38-42**

*Read this carefully in a few translations if possible.*

**Additional Scriptures to Meditate On:**

- Psalm 27:4
- Matthew 6:33
- Isaiah 26:3
- Hebrews 12:2
- Colossians 3:2

**Bible Study Questions:**

1. What was Martha doing that caused her to be “distracted by much serving” (v. 40)? How do you see similar distractions in your life?
2. Jesus says Martha is “anxious and troubled about many things” (v. 41). What do these emotions reveal about the cost of distraction?
3. Mary chose to sit at Jesus’ feet and listen to His teaching (v. 39). Why do you think Jesus called this the “better” choice?
4. How does Jesus’ gentle response to Martha model His patience with us when we get distracted?
5. How do Martha’s words in verse 40 (“Lord, don’t you care...?”) reflect how distraction can distort our view of God’s care for us? Have you ever felt this way?

6. Jesus said, “Mary has chosen the good portion, which will not be taken away from her” (v. 42). What does this teach us about the permanence and value of time spent in God’s presence compared to temporary tasks?

**Journal Prompt:**

Reflect on your daily routine: Where are you more like Martha, busy, distracted, anxious, and where are you more like Mary, devoted, present, listening?

Write about one area where you can intentionally choose devotion this week.

**Action Step:**

Choose one daily activity where you are often distracted (e.g., checking your phone, multitasking, rushing) and intentionally set it aside for 10–15 minutes this week to sit quietly with God—reading, praying, or simply listening to His voice.

## NOTES

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