

# “SIT DOWN”

LUKE 10:38-42

PROP: SPENDING TIME WITH THE SAVIOR IS NECESSARY

**INTRO:** ENJOYED WORKING AT BACKYARD ON 5<sup>TH</sup>. STARTED THE NIGHT WITH A SMILE ON MY FACE BUT BEFORE THE NIGHT WAS OVER I GOT REALLY CRABBY AND FRUSTRATED AT LITTLE THINGS. I HAD A REALLY BAD ATTITUDE. WHEN THE JOB WAS OVER, I NOTICED AFTER BEING IN THE CAR FOR A LITTLE WHILE MY WHOLE ATTITUDE CHANGED. WHY? I GOT A CHANCE TO SIT DOWN.

**TRANS:** AND JUST LIKE SITTING DOWN CAN DO WONDERS FOR YOU PHYSICALLY, SITTING DOWN CAN ALSO DO WONDERS FOR YOU SPIRITUALLY. IN OUR PASSAGE TODAY WE ARE TOLD ABOUT A WOMAN NAMED MARTHA WHO WELCOMES JESUS AND THE DISCIPLES INTO HER HOME. SHE GETS UP TO PREPARE A MEAL BUT WHILE SHE IS WORKING MARTHA REALIZES THAT HER SISTER MARY IS STILL SITTING DOWN. THIS UPSETS MARTHA SO MUCH THAT SHE INTERRUPTS THE CONVERSTATION AND ASKS JESUS IF HE CARES THAT SHE IS DOING EVERYTHING BY HERSELF AND THEN TELLS JESUS TO MAKE MARY HELP. **LET ME STOP HERE AND SAY THAT YOUR ATTITUDE CAN BE AN INDICATOR THAT YOU NEED SOME TIME WITH JESUS.** LOOK AT WHAT’S HAPPENING WITH MARTHA’S LIFE.

- SHE’S DEVOTED.
- SHE’S DISTRACTED.
- SHE’S DISTURBED

THEN JESUS TELLS MARTHA THAT SHE IS WORRIED AND UPSET ABOUT TOO MANY THINGS WHEN IN FACT THERE IS ONLY ONE THING THAT IS NECESSARY AND **THAT’S TIME WITH JESUS.**

I BELIEVE SOMETIMES WELL MEANING BELIEVERS CAN GET CAUGHT UP IN SPENDING MORE TIME **LIVING FOR JESUS** THEN SPENDING TIME **LIVING WITH JESUS.**

OSWALD CHAMBERS SAID: **“CHRISTIANITY IS NOT DEVOTION TO A WORK, OR TO A CAUSE, OR A DOCTRINE, BUT DEVOTION TO A PERSON, THE LORD JESUS CHRIST.”**

**AND THIS PASSAGE TEACHES US THAT SPENDING TIME WITH THE SAVIOR IS OF THE UTMOST IMPORTANCE.**

I WOULD LIKE TO SUGGEST TO YOU TODAY THAT IF WE ARE GOING TO HAVE A BALANCED CHRISTIAN LIFE THEN WE NEED TO UNDERSTAND A FEW THINGS ABOUT SITTING WITH THE SAVIOR.

## **SITTING HAS A PRIORITY**

“SAT AT HIS FEET”

- FOR MARY SITTING CAME BEFORE SERVING.
- EVERYTIME WE SEE MARY IN THE BIBLE SHE IS SITTING AT THE FEET OF JESUS

- IN **JOHN 11:32** SAYS "AS SOON AS MARY CAME TO WHERE JESUS WAS AND SAW HIM, SHE FELL AT HIS FEET AND TOLD HIM, LORD, IF YOU HAD BEEN HERE, MY BROTHER WOULD NOT HAVE DIED."
- IN **JOHN 12:3** SAYS "THEN MARY TOOK A POUND OF PERFUME, PURE AND EXPENSIVE NARD, ANOINTED JESUS'S FEET, AND WIPED HIS FEET WITH HER HAIR. SO, THE HOUSE WAS FILLED WITH THE FRAGRANCE OF THE PERFUME."

### **SITTING WITH JESUS WAS ALWAYS MARY'S CHOICE.**

#### **VERSE 42 JESUS SAID SHE CHOSE THE GOOD PART. SHE MADE IT A PRIORITY.**

- JESUS SHOWS US THE WHAT PUTTING GOD FIRST LOOKS LIKE.
- IN **MARK 1:35** "VERY EARLY IN THE MORNING WHILE IT WAS STILL DARK JESUS GOT UP LEFT THE HOUSE AND WENT OFF TO A SOLITARY PLACE WHERE HE PRAYED." THAT BEFORE HE GOT HIS DAY STARTED, HE MADE SITTING WITH THE FATHER A PRIORITY.
- SEE SERVING IS NOT JUST WHAT WE DO AT CHURCH. BUT SERVING THE LORD IS IN EVERYTHING WE DO. WHETHER AT HOME, OR WORK OR SCHOOL OR EVEN WHEN WE ARE AT PLAY, EVERYTHING WE DO IS A WAY TO SERVE JESUS.
- YET JESUS HIMSELF TELLS US THAT WITHOUT HIM WE CAN DO NOTHING.
- THAT'S WHY WE NEED TO MAKE SPENDING TIME WITH THE LORD OUR NUMBER ONE PRIORITY! PRESENCE ALWAYS PROCEEDS POWER!

**ILLUSTRATION:** BEFORE MY CHILDREN GO TO SCHOOL THEY ALWAYS CHECK THE BATTERY INDICATOR ON THEIR PHONES TO BE SURE IT IS CHARGED. IF NOT THEY WILL PLUG THE PHONE IN BEFORE LEAVING TO MAKE SURE IT HAS ENOUGH CHARGE TO GET THROUGH THE DAY.

-YOU NEED TO MAKE SITTING A PRIORITY IF YOU ARE GOING TO HAVE THE ENOUGH POWER TO SERVE GOD

### **SITTING HAS A PURPOSE**

"SAT AT HIS FEET LISTENING TO WHAT HE SAID"

- SITTING AT HIS FEET IS ALSO A POSTURE FOR LEARNING.
- IN **ACTS 22:3** WE ARE TOLD THAT PAUL SAT AT THE FEET OF GAMALIEL TO LEARN THE LAW
- WHEN WE GET IN THE PRESENCE OF THE LORD WE CAN BE GUILTY OF DOING MORE TALKING THEN WE DO LISTENING.
- WHEN SPENDING TIME READING THE WORD WE MUST ALSO SPEND TIME MEDITATING ON THE WORD.
- **PSALM 1** HIS DELIGHT IS IN THE LAW OF THE LORD IN WHICH HE **MEDITATES** BOTH DAY AND NIGHT.
- EARNING BEARS FRUIT IN THE BELIEVERS LIFE. PARABLE OF THE SOIL.
- MARY'S TIME IN THE LORD'S PRESENCE BEARED SOME FRUIT. WHEN SHE ANOINTED HIS FEET IT WAS BECAUSE SHE HAD BEEN LISTENING AND UNDERSTANDING THAT JESUS WAS SAYING HE HAD TO DIE.
- MARTHA'S DISPOSITON WAS WRONG. SHE NEEDED TO SIT BEFORE SHE SERVED.

ILLUSTRATION: TRAINING WHEELS ON A BIKE WE DON'T WANT ANYONE HOLDING US.

APPLICATION: BEFORE WE CAN EVER SERVE RIGHT WE NEED TO LEARN FROM JESUS.

## SITTING HAS A PROMISE

“IT WILL NOT BE TAKEN AWAY FROM HER”

- JESUS TELLS MARTHA THAT MARY HAS MADE THE RIGHT CHOICE
- THIS MEANS JESUS IS PLEASED WITH MARY’S DECISION
- AND JESUS SAYS HE WILL NOT INTERFERE WITH MARY’S TIME IN HIS PRESENCE
- HERE WE SEE JESUS PROMISING TO PROTECT OUR TIME WITH HIM.
- IN **HEBREWS 11:6** WE LEARN THAT GOD REWARDS THOSE THAT DILIGENTLY SEEK HIM.
- GOD ALWAYS REWARDS THOSE WHO COME TO HIM BY FAITH.
- BUT ALSO, HE DESIRES TO BE WITH US

SHE WANTS TO BE WITH HIM, AND JESUS BY NOT TAKING IT AWAY SHOWS HE WANTS HER TO BE WITH HIM.

ITS AS IF JESUS IS PUTTING ON PREMIUM ON FELLOWSHIP. DON’T GET IT WRONG ITS NOT THAT JESUS DOESN’T SEE SERVING AS IMPORTANT BUT JESUS KNOWS THAT FELLOWSHIP ENERGIZES OUR SERVICE.

JOHN 15:5: I AM THE VINE YOU ARE THE BRANCHES. THE ONE WHO REMAINS IN ME AND I IN HIM PRODUCES MUCH FRUIT, BECAUSE YOU CAN DO NOTHING WITHOUT ME.

- THIS NOW BECOMES AN INVITATION FOR MARTHA. BY LIFTING UP MARY, JESUS IS SHOWING MARTHA THAT THIS IS THE BEST CHOICE AND THAT SHE CAN COME AS WELL.
- JESUS INVITIES THE TIRED AND WEARY SOUL TO COME TO HIM. **MATTHEW 11:28** “COME TO ME ALL YE WHO LABOR AND ARE HEAVY LADENED AND I WILL GIVE YOU REST”
- JESUS IS A FRIEND WHO ALWAYS INVITES US TO COME TO HIM.

**ILLUSTRATION:** MY WIFE IS MY BEST FRIEND AND SHE IS ALWAYS THERE  
JESUS WILL ALWAYS BE THERE

CLOSE  
**WHAT ABOUT YOU TODAY FRIENDS? HAVE YOU BEEN SPENDING TIME WITH JESUS? LET ME TELL YOU THAT TIME BEGINS AT THE CROSS. DO YOU HAVE A RELATIONSHIP WITH JESUS? THAT TIME CONTINUES AFTER THE CROSS. DO YOU HAVE FELLOWSHIP WITH JESUS?**