**The Rest is Worship: Luke 10:38-42**

**22.9.24.**

**Reflective worship songs (from Engage Worship’s “The Rest is Worship”)**

* Lead me to a place of rest: <https://www.youtube.com/watch?v=RBfa83YXJOE>
* Lord, may our resting be worship to you: <https://www.youtube.com/watch?v=QCH534oahF4>
* In the presence of the Holy: <https://www.youtube.com/watch?v=0afzcv1_7j8>
* Come all you heavy laden: <https://www.youtube.com/watch?v=EGeQqz6pSdw>

See: <https://engageworship.org/project/the-rest-is-worship>

**Passage: Luke 10-38-42**

1. This story is set in Luke’s gospel immediately after the parable of the Good Samaritan and immediately before Jesus’ teaching on prayer. Might this be significant? If so, why?
2. What does this passage tell us about:
3. Martha?
4. Mary?
5. Jesus?
6. Do you identify with any of the characters in particular?
7. How might we avoid falling into the same trap as Martha when many of us lead inevitably full and busy lives?
8. What are the different ways in which we can “be more Mary” and intentionally seek to spend time in Jesus’s presence and listen for his voice?
9. Share any experiences you have had of sensing a real connection with God… Where were you? What were you doing? What helped you to hear him speak? What did he say?
10. Is there anything new that you might try this week and perhaps beyond?

**Reflection:**

“It’s time to go back to the beginning when rest was required, when rest was sacred. When quietness was not a weakness and trust was not something to fear. Where we saw them for what they are, needed ingredients of a life worth living. Return to rest, quietness and truth as a deer returns to a stream. Return to the source of your strength, and in doing so, you will be saved. Rest is salvation.” (Saundra Dalton-Smith, *Sacred Rest*)

**Prayer:**

* Be still and know that I am God…(Psalm 46:10)

**Invitation:**

Can you set aside a chunk of time this week just to be in Jesus’s presence and to listen for his voice, either by coming to Space2be@NMBC at some point on Wednesday, or by taking time to be with God at a time and in a place which helps you to connect with him?