

# soul **DETOX**



May 2, 2021 | Part 5: Detoxing My Hurry, 2

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**Luke 10:38-42** 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. <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!" <sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

## **The One Thing:**

When I'm Hurried and Rushed,

Hearing God's Voice Will Mean

\_\_\_\_\_ Time For the \_\_\_\_\_ of Time.

## **How to Overcome Hurried and Distracted Living:**

1. Believe that My Distractions Aren't Rooted in My \_\_\_\_\_ List.  
But Rather, Are Rooted in My \_\_\_\_\_ with Other  
People and Myself.

**Luke 10:40**

2. Release \_\_\_\_\_ that I \_\_\_\_\_ Really Had.

**Luke 10:40**

**Proverbs 22:6** Start children off on the way they should go, and even when they are old they will not turn from it.

3. Accept My \_\_\_\_\_. Embrace His \_\_\_\_\_.

**Luke 10:39-42**

4. \_\_\_\_\_ and \_\_\_\_\_ for Jesus Moments so that I Can Be \_\_\_\_\_ and \_\_\_\_\_ to Them.

**Luke 10:41-42**

**John 12:1-8** Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. <sup>2</sup> Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. <sup>3</sup> Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume. <sup>4</sup> But one of his disciples, Judas Iscariot, who was later to betray him, objected, <sup>5</sup> "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." <sup>6</sup> He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it. <sup>7</sup> "Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial. <sup>8</sup> You will always have the poor among you, but you will not always have me."