

DERAILED

Running Frantic

Discussion Guide

March 4, 2018

Luke 10:38-42

Questions for Study

**Before discussing these questions, read through Luke 10:38-42 as a group.

1. Think back on your schedule over the last week or two. In terms of pace, do you feel like you've been "running frantic" or have you been cultivating a sustainable pace? Explain.
2. Why do so many of us live life "running frantic"? What contributes to this, or what motivations drive us to live at this pace?
3. What are the dangers of running frantic? How can this danger derail you?
4. Look at Luke 10:38-42. What do you learn here about "running frantic" – and its alternative?
5. Don't miss that Martha is "running frantic" because she's distracted by good things - legitimate preparation concerns. Her concern for the *urgent has caused her to miss what's most important. How can running frantic lead you to a place where you're neglecting life's most important priorities?*
6. Look closely at what Jesus tells Martha in Luke 10:41-42. Restate what Jesus is saying in your own words.
7. Jesus tells Martha that "few things are needed – or indeed only one." What is this "one thing" that Jesus is referring to, the "one thing" that should get top priority?
8. Refer to the question above. Do you share this same priority? If someone were to look with you at your schedule, would they see this priority clearly reflected there?
9. Instead of running frantic, we should actively cultivate "space for grace." Explain what Pastor Jeff meant by this phrase, "space for grace."
10. Why is actively cultivating "space for grace" important? How does having margin in our lives best allow us to maintain the priorities you mentioned a few questions earlier?
11. What practical steps can help you cultivate this "space for grace"? (This may mean either STOPPING something that contributes to your frantic pace, or STARTING a habit that can help you find margin.)
12. Review what you've learned from this discussion about "running frantic." What is one big take-away you can apply to your life this week? How will you apply it?