



Bible Study

Wednesday, March 23, 2022

The Stressless Life

(Based on the book by Vance Pitman)

Stress steals our joy, interrupts our sleep, affects our relationships, and wears us down. We cannot escape the realities and relationships that cause stress, so we must find a way to deal with it. That's the focus of this new Bible Study series.

How Do I Find God's Peace In My Schedule?

There are three questions that we need to ask ourselves as it relates to our schedule. The questions are based on Martha and Mary's interactions with Jesus in Luke 10:38-42.

Question #1: Does your schedule include time with Jesus, or does it depend on other things you have to do?

- Martha was distracted by working in the kitchen. (v40)
- Mary used her time to give full attention to Jesus. (v39)

Question #2: Is your schedule dictated by what's urgent or is it designed to accomplish what's important?

- Martha allowed her schedule to be dictated by what was urgent.
- Mary had designed her schedule to accomplish what was important.

Question #3: Does your schedule express a heart captivated by what's eternally significant, or is it distracted by what's temporary?

- Martha was distracted by what was temporary. (v41)
- Mary chose to focus on what was eternal – spending time with Jesus. (v42)

Three Things To Do To Take The Stress Out of Our Schedule:

1. Spend daily time with Jesus.
2. Determine what's most important in your life.
3. Build a plan for your daily life around what's most important.

Brothers and Sisters, if we want to remove stress from your schedule, we need to make spending time with Jesus a priority every day.