



BIBLE STUDY GUIDE

Nothing has transformed my life like the study of God’s Word. Something powerful happens when we go beyond other people’s opinions and revelations and discover for ourselves what God wants to say. This SIX-WEEK Bible study is designed to help you do just that.

I recommend using a translation of the Bible that you enjoy and understand, as well as a notebook and a pen to record your answers. Before each lesson and as you read the corresponding chapters, ask the Holy Spirit to increase your understanding as you examine God’s Word and then help you apply the truths you discover.

Each lesson starts with questions for individual reflection or group discussion, then moves into a study of scriptural principles. At the end of the lesson, you’ll have an opportunity to write about what spoke most to you in that chapter. The stories, quotes and analogies within the chapters may provide further opportunities for discussion or reflection.

My prayer is that you will begin to experience the blessing God promises to those who look “intently into the perfect law that gives freedom ... not forgetting what he has heard, but doing it” (James 1:25). There is a holy makeover waiting for each one of us. It is found in God’s presence and within the pages of his Word. Dig in, ladies! You’ll be glad you did.



WEEK 1: LORD, DON'T YOU CARE?

Read: Chapters 1 & 2 in *Having a Mary Heart in a Martha World*

Questions for Discussion or Reflection

1. Read Luke 10:38-42. What preconceived ideas did you have about Mary and Martha before reading this book? Which woman do you relate to most – Mary or Martha?

Explain your answer. _____

2. A woman told me, “I guess I’m just a Martha and that I’ll always be a Martha.” Is it possible for our basic character to change, or are we destined to live our lives stuck in a pre-determined nature? Explain your answer. _____

3. What does the Bible say in the following verses about the potential for change?

Ezekiel 36:26-27 _____

2 Corinthians 5:17 _____

Philippians 1:6 _____

4. Have you seen God’s work of transformation in your own life or someone else’s? How did you know it was a “holy makeover” and not just a temporary “facelift”?

5. As you consider Martha's words in Luke 10:38-42, have you ever asked the question, "Lord, don't you care?" What was the situation? How did God answer your question?

6. Read Psalm 103. List at least five of the many ways God shows his love for us. (If you are struggling to know the Father's love, consider memorizing this chapter so you won't forget "all his benefits.")

- _____
- _____
- _____
- _____
- _____

7. Write Jesus a letter beginning with "Lord I know you love me because..." and list the ways he has shown his great love for you. _____

8. What spoke to you most in this chapter? _____

WEEK ONE VIDEO (SESSION ONE ON VIDEO)

Having a Mary Heart in a Martha World

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

REVELATION 3:20, NKJV

The Story of Mary and Martha—the Story of You and Me, Luke 10:38-42

The Living Room Intimacy _____ God that we long for will never be found in
Kitchen Service _____ God.

Discovering the Better Part

1. Martha opened her home (Luke 10:38).
 - preparations – *diakonia* - _____
2. Mary opened her heart (Luke 10:39).
 - She made _____ for time with Jesus.
 - She did the _____.
 - She _____ to Jesus.

The same invitation Jesus made to Martha is the invitation He makes to us:

“Come spend time with Me...Allow My _____ to fill your life so that I can spill you to the world!”

CLOSING TIME

I sense the Lord saying....

WEEK 2: THE DIAGNOSIS

Read Chapters 3 & 4 in *Having a Mary Heart in a Martha World*

Questions for Discussion and Reflection

1. Martha wanted Jesus to tell Mary to help out in the kitchen, but instead of giving her what she wanted, Dr. Jesus made a diagnosis: “Martha, Martha . . .you are worried and upset about many things.” If you had been Martha, how would Jesus’ words have made you feel? _____

2. According to Dr. Edward Hallowell, over half of us are what he calls chronic worriers. Which of the ten signs of a big worrier on page 33 do you struggle with? How do worry and anxiety spill over into your daily life and affect your behavior? your physical health? _____

3. What do the following passages tell us to do with our worries and concerns, and what will be the result?

Proverbs 3:5-6 COMMAND: _____

RESULT: _____

Philippians 4:6-7 COMMAND: _____

RESULT: _____

4. a. Rewrite Matthew 6:25-30 as if God were speaking directly to you and your current situation. *Therefore, I tell you,* _____ (your name), *do not worry about.* . . . _____

b. Read Matthew 6:31-34. Respond to this passage in a prayer to the Lord.

Lord, I don't want to worry as the world does. Help me to . . . _____

5. Read the wagon and the rocks story on pages 48-51. Take a look in your wagon.

Which rocks has God asked you to carry? Which rocks have you unwisely and sometimes unconsciously volunteered to carry for someone else? _____

6. What do you think Jesus meant in Luke 10:38-42 when he told Martha that only one thing was needed? Consider what Galatians 3:3 and Titus 3:5 says about works-based Christianity. _____

7. Using the guidelines on page 55, sit down this week and begin “dumping rocks.” But before you start, ask the Lord for wisdom (James 1:4). He loves to give it, and he wants to set us free! _____

8. What spoke most to you in this chapter? _____

WEEK TWO VIDEO (SESSION 4 ON DVD)

Burden Bearer

Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.

PSALM 55:22, NLT

Jesus Came to a Burdened World

Religion had become a _____ that Jesus said was impossible to bear (Matthew 23:1-4).

- When it comes to sin, Jesus is our BURDEN _____.
- When it comes to life, He wants to be our BURDEN _____.

The Invitation, Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest.”

Rest means “inner tranquility while engaged in necessary _____.”¹

Two primary Greek words translated as “burden”:

- *baros* – “a burden or difficulty”
- *phortion* – “a _____”

“Take my yoke upon you and learn from me, for I am gentle and humble in heart.”

A yoke is a symbol of _____.

“For my yoke is _____ and my burden is light.”

Our Helper, the Holy Spirit, John 4:16, 26

Parakletos means “Helper”—the One “who is _____ alongside.”

Your burden can be a _____ (OT – *yehab*) (Psalm 55:22).

CLOSING TIME

I sense the Lord saying....

WEEK THREE: LIVING ROOM INTIMACY

Read Chapters 5 & 7 in *Having a Mary Heart in a Martha World*

Questions for Discussion or Reflection

1. Someone has said that each of us were created “with a God-shaped hole” and that we will never be truly satisfied until we fill that space with him. Unfortunately many of us, as Teri described on page 69, fill up on spiritual Snicker Bars. What do you turn to instead of God when you’re feeling empty? _____

2. We all face barriers to intimacy with God. Put a check by the one or two you struggle with most, then look up the verses next to that barrier. Circle the verse that is most meaningful to you.

- | | |
|--------------------------|--------------------------------------|
| _____ Unworthiness | (Isaiah 41:9-10; Ephesians 2:13-14) |
| _____ Busyness | (Psalms 90:12; Isaiah 40:29-31) |
| _____ Guilt / Shame | (Psalm 32:5; 1 John 1:9) |
| _____ Pride | (Psalm 10:4; James 4:6-7) |
| _____ Depression | (Psalm 42:11; John 14:1) |
| _____ Trials / Hardships | (Hebrews 13:6; 2 Corinthians 4:7-10) |

3. God longs to have fellowship with us. Read the following verses, and describe the metaphor Scripture uses to describe the intimate relationship we can have with God.

- John 15:5 _____
Romans 8:15-16 _____
2 Corinthians 11:2 _____

4. Read the excerpt from “My Heart Christ’s Home” (pages 72-73). How does it make you feel to think that Jesus longs to have time alone with you – to be at home in you? How could this realization turn your devotional life from a duty to a delight?

5. How does Matthew 6:33 relate to Stephen Covey’s “First Things First” principle (page 103) – that is, putting in the big rocks first? Give an example of a time you found this principle true in your life. _____

6. Read on pages 107-108 about Sidlow Baxter’s personal struggle to develop a devotional time. How important is our will in this process of seeking God? How important are our emotions? _____

7. Use the “Journal the Journey” outline in the back of this study and follow the instructions to mediate on and write about one of the following passages.

Psalm 139

Romans 8

Ephesians 4

Isaiah 55

1 Corinthians 13

James 1

8. What spoke most to you in this chapter? _____

WEEK THREE VIDEO (SESSION 5 ON DVD)

Pursued by Love

I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God.
JEREMIAH 24:7

Jesus, Our Way Maker

We were made for a Garden, but sin destroyed all that. Yet God's love kept reaching...

- God's holiness required separation –the temple _____.
- But then Jesus came as the final sacrifice to _____ us to God.
- The veil was “torn in two from top to bottom” (Matthew 27:51).

Jesus, Our Example

Jesus came to show us the way back to Garden-of-Eden intimacy with God. He modeled...

1. Solitude (Luke 5:16)
2. The Word (Joshua 1:8)
3. Prayer (Luke 11:1)
4. Dependence on _____(John 5:19)

Finding Our Way Back Home

Because of Jesus, we are invited to enjoy full and complete fellowship with our Father (John 14:23; 17:23).

Our life is “_____ with Christ in God” (Colossians 3:3).

CLOSING TIME

I sense the Lord saying....

WEEK FOUR: KITCHEN SERVICE

Read Chapters 6 & 8 in *Having a Mary Heart in a Martha World*

Questions for Discussion or Reflection

1. Dwight L. Moody said, “Of one hundred men, one will read the Bible; the ninety-nine will read the Christian.” Who was the first Christian in your life to live in such a way that you could clearly see Christ? How did this person affect your life? _____

2. Read the story of the little boy and the evangelist on page 97. How would you like Jesus to “stick out all over” in your life – that is, what attitudes and characteristics of the Savior would you like God to develop in your life? _____

3. Place one (or more) of the following letters beside each verse that follows. In this passage Jesus ministered (a) as he went *on his way*; (b) as he went *out of his way*; (c) in *all kinds of ways*.

_____ Mark 1:29-34 _____ Mark 6:30-34 _____ Mark 7:31-35

4. How could you practically administer Christ’s love in each of these ways? I’ve completed the first one as an example.

As I go on my way: *I thank the school crossing guard for keeping my kids safe.*

As I go out of my way: _____

In all kinds of ways: _____

5. Which of the following lessons from Lazarus have you found most true in your life?
Explain the circumstance involved and what you learned.

- God’s will does not always proceed in a straight line.
- God’s love sometimes tarries for our good and his glory.
- God’s ways are not our ways, but his character is still dependable.
- God’s plan is released when we believe and obey.
- The “end” is never the end; it is only the beginning.

6. Martha Tennison says, “We only trust people we know. If you’re struggling to trust God, it may be because you don’t really know God.” We come to know God better through his Word. What do the following verses reveal about our heavenly Father?

- Psalm 27:1 “The Lord is _____.”
- Psalm 34:18 “The Lord is _____.”
- Psalm 100:5 “The Lord is _____.”
- Psalm 145:8 “The Lord is _____.”

7. Read the Laura Barker Snow on page ?? about the difficult times we all face. How would your life be different if you could receive these words as truth and not only truth but as an evidence of God’s love in your life? _____

8. What spoke most to you in this chapter? _____

WEEK FOUR VIDEO (SESSION SIX ON DVD)

Compelled by Love

May the Lord make your love increase and overflow for each other and for everyone else.

1 THESSALONIANS 3:12

The Call to Radical Love, Matthew 22:37-40

- Love _____ with all your heart, soul and mind.
- Love your neighbor as yourself.

While *love* is a noun, it is best lived out as a _____ (James 2:26).

Jesus' love in feeding the five thousand (Mark 6:30-44; John 6:1-13).

The Challenge of Practical Love

Principle #1: True love always _____ something.

Principle #2: Do what you can with what you _____.

Principle #3: When we give what we have, God makes it more than enough.

Developing a Kitchen Service Heart

1. Be sensitive to the Spirit's leading.
2. Be willing to do what is _____.
3. Cultivate a holy detachment to the _____.
4. Be completely dependent.

“God [will] make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work” (2 Corinthians 9:8).

CLOSING TIME

I sense the Lord saying....

WEEK FIVE: MARTHA'S TEACHABLE HEART

Read Chapters 9 & 10

Questions for Discussion or Reflection

1. Fill out the “Are You Teachable?” questionnaire on page 139. What did you discover about yourself? _____

2. Read Hebrews 12:5-11, and then list four reasons why God disciplines us and four results of that discipline.

REASONS

RESULTS

3. The Bible is filled with if-then propositions. *If we will . . . then God will . . .* What do the following verses promise us if we obey? I’ve filled out the first verse for you.

Joshua 1:8 If . . . *I meditate on God’s Word and do it,*
 then . . . *I will be prosperous and successful.*

John 8:31-32 If . . . _____
 then . . . _____

James 1:25 If . . . _____
 then . . . _____

4. God is willing to forgive and change us – even at our very worst. Consider the prayer David prayed in Psalm 51:10-12 after his murderous, adulterous affair with Bathsheba. In the margin, rewrite this cry for transformation in your own words. Then read it aloud to the Lord.

5. Consider the differences between Mary and Judas' love for Christ:

MARY . . .

- had a heart of gratitude
- came with abandon
- heard what Jesus said & responded
- held nothing back

JUDAS. . .

- had a heart of greed
- came with agenda
- heard but did not understand
- gave nothing up

Which aspect of Mary's love comes easiest to you? Which aspect is most difficult?

6. Read another account of Mary's anointing Jesus in Mark 14:6-9. Finish the following four statements Jesus made about her extravagant love.

"She has done a _____ thing to me."

"She did what she _____."

"She poured perfume . . . to prepare for my _____."

"Wherever the gospel is preached . . . what she has _____ will also be told."

Meditate on one of these statements. Ask the Lord to show you practical ways you could love him more beautifully and sacrificially.

7. Mary loved extravagantly because she had experienced firsthand the extravagant love of God. Read 1 John 3:1 and Romans 8:31-30. Write a love letter back to God expressing your gratitude for his lavish love and extravagant grace. _____

8. What spoke most to you in this chapter? _____

WEEK FIVE VIDEO (SESSION 8 ON DVD)

The Beauty of Repentance

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

A Woman Transformed

Martha was willing to receive rebuke from Jesus (Luke 10:38-42; John 11).

She was willing to grow and _____.

What will we do with the rebuke of the Lord when it comes to us?

Will we resist it? resent it? or _____ it?

What Kind of Sorrow Do You Have?

True repentance involves the right kind of sorrow (2 Corinthians 7:10).

WORLDLY SORROW

Regret

Guilt remains

“I’m sorry, _____.”

_____ mistakes

Bondage

GODLY SORROW

Repent and turn from sin

Guilt is gone

“I’m sorry, I was _____”

_____ from mistakes

Freedom

The Beauty of Repentance, Acts 3:19

When the Holy Spirit convicts you of sin:

1. _____ of sin.
2. _____ what you’ve embraced.
3. _____ forgiveness.
4. _____ with God and others.

CLOSING TIME

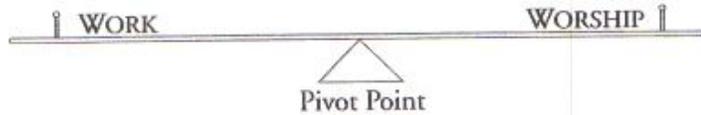
I sense the Lord saying....

WEEK SIX: BALANCING WORK & WORSHIP

Read Chapters 11 & 12 in *Having a Mary Heart in a Martha World*

Questions for Discussion or Reflection

1. What does your teeter-totter look like when it comes to balancing work and worship?
Draw a line to show which way it tends to tilt (if it does).



2. On one side of the teeter-totter we find the importance of loving people. Read the story of the Good Samaritan in Luke 10:25-37. Describe how the Samaritan fulfilled the following statements:

He took NOTICE _____

He took ACTION _____

He took RESPONSIBILITY _____

Which of these three qualities comes easiest to you? Which is the hardest for you?

3. On the other side of Mary and Martha's story we find Christ's teaching on prayer.

What does Luke 11:1-13 show about our part in prayer and God's promised response?

OUR PART

GOD'S RESPONSE

4. According to the following verses, why is it dangerous to spend all our time on one end of the teeter-totter?

Matthew 7:21-23 _____
James 2:14-17 _____
1 John 3:16-18 _____

5. Have you ever heard a great Christian testimony and wished you could have the faith of that person or live as he or she lived? What was the process that gave them the product? _____

6. Read the following verses. Describe the process God uses and the purpose he intends.

Deuteronomy 8:2	PROCESS	_____
	PURPOSE	_____
Romans 8:28-29	PROCESS	_____
	PURPOSE	_____
2 Corinthians 4:17	PROCESS	_____
	PURPOSE	_____

7. How do we partner in this process according to Philippians 2:12-13?

We do . . . _____

God does . . . _____

8. What spoke most to you from this chapter? _____

WEEK SIX VIDEO (SESSION 10 ON DVD)

Lord of the Process

To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy.

JUDE 1:24

To Be Like Jesus

It takes a process to make a product, in life and in our Christian walk.

- Justification is being made right _____ God.
- Sanctification is being made holy _____ God.

The process is divine, but we must cooperate with _____ (Philippians 2:12-13).

Obedience + Repentance = _____ - likeness

A Slow and Steady Transformation

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the _____ image from glory to glory, just as by the Spirit of the Lord” (2 Corinthians 3:18, NKJV).

1. Take off the _____; be honest with yourself and God.
2. Spend time in His Word (Romans 12:2).
3. Keep your eyes on _____ (Hebrews 12:2).
4. Don't resent difficult pressures or the anvil of trials (James 1:2-4).
5. Let God _____ anything that distorts His image in you.

“They look to Him and were radiant” (Psalm 34:5, NKJV).

CLOSING TIME

I sense the Lord saying....

JOURNAL THE JOURNEY

Date _____ What I read today _____

Best thing I marked today: *Reference*: _____

Thought: _____

How it impressed me: _____

(Extra sheet for photocopying)

ⁱ SESSION 4: Spiros Zodhiates, gen. ed., *The Complete Word Study Dictionary: New Testament*, rev. ed. (Chattanooga, TN: AMG International, 1993), s.v. “anapausis” (Strong’s #372).