



How to Use This Study

Having a Mary Heart in a Martha World—The Book

While you'll learn a great deal from watching the video sessions and completing the study guide homework, please be sure to read your assigned chapters in *Having a Mary Heart in a Martha World* prior to each week's discussion. The book provides the framework of this study and is necessary to your getting the most out of our time together.

As early in the study week as possible, you'll want to complete your assigned reading with a pen or highlighter in hand. I encourage you to mark or underline things that really speak to you—verses, quotes, stories, or analogies. Make notes in the book margins of any thoughts, questions, or revelations you'd like to discuss or share in class.

The Study Guide

After you've read the assigned portion in the book, begin to work through the questions and exercises in this guide. They are designed to help you reflect on God's Word and apply it. (Please note that I quote primarily from the 1984 edition of the New International Version, and most questions are shaped around that translation.)

Each week's lesson also includes:

- a *"Word Time" sidebar*. These are designed to give you tools to go deeper in your Bible study. Corresponding videos will be shown in class if there is time. (Videos can also be accessed at www.havingamaryheart.com.)
- a *"Make a Plan" assignment*. Each week, you'll be encouraged to come up with action steps to apply the truths you've learned as you follow through on that plan during the upcoming week.

- *a memory verse.* Over the course of the study, you'll be asked to memorize nine verses. If that seems too overwhelming, choose two or three verses to focus on. Don't worry; I'll share some memorizing techniques that have helped me!
- *a video guide.* With fill-in-the-blank prompts, these pages help capture key points from the DVD session so that you can refer to them later.
- *a "Closing Time" reflection.* At the end of each lesson you'll have a chance to respond to what the Lord has impressed on your heart throughout the week and in the teaching session.

Week Two



A Tale of Two Sisters

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!”

LUKE 10:40

READ: Chapters 1 and 2 in *Having a Mary Heart in a Martha World*

Have you ever felt overworked and underappreciated? I know I have. Feeling as if the weight of the world is on your shoulders is difficult, especially when no one seems inclined to share the load. The frustration Martha felt that day in Luke 10:38–42 is definitely not a foreign emotion to me! In fact, I’ve earned frequent-flyer elite-plus status when it comes to the emotional miles I’ve wasted on self-pity.

Aren’t you glad we have a Savior who knows our human weaknesses yet loves us anyway? When Martha came barging into the living room and poured out her complaint to Jesus, she was on the right track. “Trust in him at all times, O people,” the psalmist tells us in Psalm 62:8, “pour out your hearts to him, for God is our refuge.” There is no better place to go than to Jesus with our troubles, our frustrations, and our perceived injustices.

But be sure to stick around for the answer. While Jesus may not give you what you want, He will always give you what you need. And that, my friend, is far more important than extra help in the kitchen!



Memory Verse

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

MATTHEW 11:28

WORD TIME: Memorizing Scripture

Throughout this study, I've suggested a scripture to memorize and meditate on each week. Don't be intimidated; you can do this! Here's a method, adapted from the Navigators' 2:7 Discipleship Course,¹ that has really helped me hide God's Word in my heart.

- Write the verse (or verses) you want to memorize on an index card.
- Read the verse out loud several times.
- Learn the reference and first phrase of the verse together as a unit.
- Repeat the unit three times, then add the next phrase. Repeat that three times.
- Gradually add phrases and repeat the reference once again at the end.
- Always review the verse using the following pattern:

REFERENCE—VERSE—REFERENCE

For instance:

"John 11:35, 'Jesus wept,' John 11:35."

- Don't forget to repeat the reference at the end—it's important!
- Focus on saying the verse word perfect.
- Review, review, review.

Scripture memorization doesn't come easily for most of us, but I can assure you, it will come if you persevere and practice! Don't give up. As you exercise your mind, your capacity for memorization will grow.

Why not start today? You'll find all of our study's memory verses on pages 107-8 for easy reference.

I have hidden your word in my heart that I might not sin against you.

PSALM 119:11

THIS WEEK'S STUDY

1. Read Luke 10:38–42. List at least two things you learn about Martha in this passage and at least two things you learn about Mary. How would you describe Martha in one word? How would you describe Mary?

MARTHA

1.

2.

One word: _____

MARY

1.

2.

One word: _____

2. The story of Mary and Martha stirs up memories of sibling rivalry for many of us. What battles with your siblings do you remember the most? What did you do to get your parents to notice you?

3. 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 remain stuck in a predetermined nature? Explain your answer.

4. All of us feel alone at times, even great heroes of the faith. Read 1 Kings 19:1–18. How did the “Deadly D’s” of distraction, discouragement, and doubt attack Elijah after the great victory over the prophets of Baal in 1 Kings 18? I’ve completed the first one as an example:

DISTRACTION: *Jezebel’s anger made him run for his life.*

DISCOURAGEMENT:

DOUBT:

5. In this passage (1 Kings 19:1–18), how did God minister to Elijah in the midst of his discouragement? How has God ministered to you when you felt alone and were hurting?

6. In Mark 4:35–41 the disciples echoed Martha’s question: “Don’t you care?” What was the situation, and what can we learn from Jesus’ response?

7. With Jesus' response in Mark 4 in mind, read Isaiah 43:1–2. What does this portion of Scripture teach us about the difficult times in our lives?
8. On page 22 (hardcover, page 27) of *Having a Mary Heart in a Martha World*, I wrote, "If [Satan] can't make us doubt God's existence, Satan will do his best to make us doubt God's love." Have the circumstances of your life ever made you question God's love for you? How did that affect your relationship with Him?
9. Use the following scale to describe how you currently feel about your walk with God. Don't be afraid to be honest.

RELIGION
Going through
motions

RELATIONSHIP
A growing
friendship with God

1 2 3 4 5 6 7 8 9 10

10. Like Martha, we can open our homes in ministry and service yet allow our hearts to remain unengaged in what we are doing. The prophet Isaiah speaks of something similar in Isaiah 29:13. Write out that verse here.

11. Has any part of your relationship with God become routine? Are you doing things without engaging your heart? If so, write out a prayer here asking God to renew your passion for Him and His Word.

12. Read Psalm 103 through completely, considering the many ways God shows His love for us. Now go back and pick five that resonate in your life right now. (If you are struggling to know the Father's love, consider reading this psalm regularly so you won't forget "all his benefits.")

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Which aspect of God's love means the most to you from this portion of scripture, and why?



Make a Plan

Mary's heart was fully opened to Jesus. She made room for Him in her life. What are some ways you could purposefully make time as well as room for God in your life this week? List your ideas here:

Now, choose the top three ideas, and number them in order of potential effectiveness.

- 1.
- 2.
- 3.

You have just discovered your action steps for the week! While you may not be able to implement them all, ask the Lord to help you make room in your heart as well as your life for time with Him.

Session Two Video



Lord, Don't You Care?

Quick! Bring the best robe.... Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.

LUKE 15:22–24

Another Set of Siblings, Luke 15:11–32

The Youngest Son

- “Father, give me my share” (verse 12).
- “He came to his _____” (verse 17).

The Father (verses 20–23)

- The father _____ him.
- The father _____ to him.
- The father restored him.

“Best robe” conveys _____.

Signet “ring” suggests _____.

“Sandals” indicate _____.

“Feast” signifies _____.

The Oldest Son

- “was in the field” (verse 25).
- “All these years I've been _____ for you” (verse 29).

Key Truths

1. Proximity doesn't ensure relationship.
2. God's love for others in no way diminishes His love for us.
3. We all need to come to our senses; it's time to come _____!

Our Father's heart: “Everything I have is _____” (Luke 15:31).

Notes

Closing Time

I sense the Lord saying...

Prayer Requests

This Week's Assignment

- Follow through with your week 2 “Make a Plan” homework.
- Read chapter 3 in *Having a Mary Heart in a Martha World*.
- Answer week 3 study questions.
- Continue to review Matthew 11:28. Memorize **Philippians 4:6–7**:
“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”