

Restore Winter Gathering Teaching Notes
The One Thing Needed
Luke 10:38-42

What does it look like for us to set our eyes, our hearts and our minds so completely on Jesus that our love and devotion for Him is what defines us?

He is our home. So much so that we are able by His power and grace to overcome the chaos in the world around us, to be a vessel used for His glory and purposes, and to find that our lives have meaning, direction, and hope in the midst of our often difficult and challenging circumstances.

Psalm 27:4

*One thing have I desired of the Lord, that will I seek after; that I may dwell
in the house of the Lord all the days of my life, to behold the beauty of the Lord,
and to enquire in his temple. KJV*

We must all come to that place where we desire Jesus above all – above the demands and distractions in our lives, above the trappings of money, things, certain relationships, social media or whatever it is that is bringing us down a path that does not lead to Christ's best for us.

David, who wrote this psalm was a great king anointed by God, a powerful leader, and a skilled musician, writing 73 of the 150 Psalms.

David was a worshipper of God above all. Always, David returned to seek after His God. He brought his fears and anxiety to the Father.

Psalm 27:1

*The Lord is my light and my salvation—
whom shall I fear?*

*The Lord is the stronghold of my life—
of whom shall I be afraid?*

His confidence, his hope, his very life is in the Lord. David brings the Lord His passion and his pain.

“We become what we behold.”

We have the privilege of beholding Jesus because when we make the choice to seek him in His Word, in His presence, and in the beauty of His glory displayed all around us. Then we become more like Him.

Two very important principles are found in this Scripture in verse 4.

David asks or has a _____ and then he _____ after it.

The word seek in the Hebrew means to strive after, to search out, specifically in worship and in prayer.

To dwell in the Hebrew means to sit down, to remain, to settle. It is a statement about his desire to be constantly in God's presence in the house of the Lord, not just some days, but all the days of his life

The word behold means a long, intentional gaze that brings vision and perception.

And what does he want to behold? The beauty of the Lord.

His beauty is His _____, His glory.

There are quite a few one thing verses in Scripture. The five main ones include:

- the one thing desired – Psalm 27:4
- the one thing lacking – Mark 10:17-31
- the one thing known – John 9:17-25
- the one thing needed – Luke 10:38-42
- the one thing to do – Philippians 3:12-14

Luke 10:38 - 42 NKJ.

³⁸ Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. ³⁹ And she had a sister called Mary, who also sat at Jesus' feet and heard His word. ⁴⁰ But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore, tell her to help me."⁴¹ And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. ⁴² But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

Bethany must have been like an oasis of rest, comfort and love for Jesus, an oasis between the *geographical* desert he had crossed to the *spiritual* desert he was facing in Jerusalem.

Mary of Bethany has much to teach us about the one thing needful.

She chose to _____ at the feet of Jesus.

When Jesus arrived at Martha's home, He was seeking shelter, a refuge from the harsh and barren dessert of Samaria. Home, so familiar to us, was not a familiar concept to Jesus. "*Foxes have holes and birds have nests, but the Son of Man has nowhere to lay His head.*" Matthew 8:20

This home in Bethany is a place where He is welcomed, known and loved as Lord and friend. The Word tells us that Martha was *distracted* by all the preparations to be made.

Jesus may have been hungry, but was it mostly for food or perhaps for the fellowship and conversation of believers who would listen?

Yet, Jesus found someone in that home who cared enough to listen, who sat down at His feet, easing His burdens by taking them into her heart, sharing in His fellowship of rejection, sadness, grief. She was ministering to the Lord. Jesus had tried to tell his disciples many times about his death, but somehow, they had never really understood.

Look at the text in verse 40. Martha came to him and asked, *“Lord, don’t you care that my sister has left me to serve alone? Tell her to help me!”* Is Martha really wanting an answer or simply venting her anger?

The example of Mary’s life is a testimony of what it means to make seeking Jesus the one thing of utmost priority in your life. Her readiness to sit at his feet indicated that she wanted to receive what He taught. She chose to be a student of the Master teacher.

In the Greek, the “good part” is the best dish on the table, which is fellowship with Jesus.

Jesus tells her that the best part of the meal wasn’t in the kitchen, but in the place where Mary had chosen to be, sitting at the feet of Jesus.

Martha had a heart of service, but that service needs to flow out of a heart that is devoted to knowing Christ. We see the contrast in the heart of Mary.

What does it really mean for us today to sit at His feet?

“To sit at Jesus’ feet implies faith as well as submission. Mary believed in what Jesus said, and, therefore, sat there to be taught by him. It is absolutely necessary that we have faith in the Lord Jesus Christ, in his power as God and man, in his death as being expiatory, in his crucifixion as being a sacrifice for our sins. We must trust him for time and eternity, in all his relationships as Prophet, Priest, and King. We must rely on him; he must be our hope, our salvation, our all in all. This one thing is absolutely necessary: without it we are undone. A believing submission, and a submissive faith in Jesus we must have; or perish.”

Charles Spurgeon

You and I will have to make a decision to step out of the kitchen of the distractions of your life and sit at the feet of Jesus and listen to His words of life for you.

Mary chose what would have _____ value, that needful thing that will not be taken away.

Mary's physical posture reflects her spiritual posture.

We see deep humility, submissive service, deep love and devotion.

Spurgeon says, *"Martha was preparing a feast for Jesus. Mary was feasting on His words. Both are good, but only one is indispensable."*

It is communion with Christ, listening to His words of truth that transforms you to have a heart like a Mary. Both women served as women did in that culture and we still do today. The difference is found in the heart. Jesus needed and wanted a different kind of service. He wanted disciples who pursued the One thing. Jesus is seeking an intimate moment, not an elaborate meal.

"If we don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great."

John Piper, A Hunger for God

- Don't settle for lesser joys than Jesus!
- What is it that stirs your affections appetite for God?
- What presses you into holy places?
- What creates in you a greater passion and hunger for Jesus Christ?

We have to work and pray this beauty into our lives. It's a daily discipline.

Choosing to enter His presence, to dwell there, in the posture of prayer, listening, sitting at His feet is where each day Jesus restores us, redeems the past failures, and resurrects us to renewed love for Him and new life in Him. There in the solitude and silence with Jesus we can lay down our burdens, our wounds, our past and the present needs. We must choose Jesus above all the success, sin, gods and chaos of this world and seek His truth for direction and purpose for each day.

*Meet me, O Christ, in this stillness of morning.
Move me, O Spirit to quiet my heart.
Mend me, O Father, from yesterday's harms.
From the discords of yesterday, resurrect my peace.
From the discouragement of yesterday, resurrect my hope.
From the weariness of yesterday, resurrect my strength.
From the doubts of yesterday, resurrect my faith.
From the wounds of yesterday, resurrect my love.
Let me enter this new day, aware of my need, and awake to your grace, O Lord. Amen.
Douglas McKelvey, Every Moment Holy*

When you establish a rhythm to your life that includes consistent time as a student of the Word, time in prayer, time in community with other believers, a time for sabbath rest, time beholding the beauty of the Lord and dwelling in His presence, then you are learning how to make desiring and seeking Jesus the one needful thing in your life. We must make space for our souls to breathe, for our bodies to be still and learn to listen. There, at His feet, in humility, in His presence, the Holy Spirit of God will form you into the woman He envisions you to be.

- **Desire and seek Jesus.**
- **We become what we behold.**
- **Choose the One needful thing....to sit at the feet of Jesus.**
- **Will this make me love God more?**

Our hearts desire must be for Him. Our greatest delight must be found in Him. When we cry out for Jesus, we cry out to the One who holds the answers to our questions because we are seeking the one thing needful. In the depths of our hearts we must know the character of God that alone will sustain us.

What we believe about God informs the way we live and the decisions we make.

Give Me Jesus – Reading and Song

Reflections: We've all had the same struggle as Martha at some time in our lives. Jesus' advice to her is the same for us. We must choose to do what Mary did. We sit at the feet of Jesus and there we bring the "many things" of our lives under His submission and scrutiny.

- *Have you gotten distracted and worried, even a little angry in the midst of your serving and all your preparation? Have you confused your worth with your busyness?*
- *Do you need to simplify your life? What choices can you make to focus on the One thing needful so that your passion for Jesus can grow?*
- *What changes can you make in the rhythm of your life so that He becomes your utmost priority?*

Resources: (<http://www.biblestudytools.com/commentaries/robertsons-word-pictures/luke/luke-10-42.html>), Charles Spurgeon Sermon #1015 delivered Metropolitan Tabernacle Pulpit, October 15, 1871, John Piper, *A Hunger for God*, Anne Graham Lotz, Readings from *Just Give Me Jesus*, Douglas McKelvey, *Every Moment Holy*, *Becoming and Beholding* by Ruth Chou Simons, Teachings by Charles Spurgeon, Tim Keller and John Piper