



Oftentimes, life happens to us. We let the problems and distractions around us take control of our lives leaving us simply coping. Instead of just coping with the challenges around us, what if there was a better way to live?

Discussion Questions:

1. What do you think distracts you most in life?
2. Go to your settings on your phone. Now look at the screen time section to see how many hours you have spent on your phone this past week? Was this a surprise to you or did you expect the results?
3. Read Luke 10:38-42. Why do you think Martha was so concerned about preparations? How do you think Martha felt about Mary?
4. Do you relate to being a Martha or Mary?
5. What does it mean to be present in this life? What does it mean to be present with Jesus?

Next Steps: *Choose one of the following actions this week.*

- Enjoy spending time with God this week by taking 15 minutes each day talking with Him and reading a passage of Scripture. Consider reading through a Proverb each day or the book of James.
- Look for “God stories” where you can live out your faith by being His hands and feet to those around you.
- Consider fasting either one meal or an entire day from food. Spend the time reading or praying to God.