



5/11/25 – The Table – The Worrier's Table

1. When you eat at home, where do you usually eat breakfast, lunch, dinner? What are family interactions like at your meals?
2. Read Luke 10:38-42. What are some positive and negative things you see in Martha?
3. What was the most important thing to Martha on this occasion?
4. Why is it a danger for people driven by excellence to be judgmental or critical of others? Has this been a struggle for you in the past?
5. What do you think the “one thing” is that Jesus says is “needed”?
6. What are some distractions today that keep us from spending time with Jesus?
7. How can you focus more on the most important, one thing needed?

Other verses to consider: Psalm 27:4, Matthew 13:22, Philippians 3:7-14