

Life Group
Discussion
Guide

8/30/2026

SENT TO
SERVE



Sermon Summary: Jesus' encounter with Mary and Martha is sometimes treated as a choice between doing and being, as though Martha was wrong to serve while Mary was right to sit. But Jesus does not criticize Martha's service; he lovingly points out that she has become distracted, anxious, and resentful in the middle of doing something good. Mary, meanwhile, intentionally chooses to sit at Jesus' feet and receive what cannot be taken from her. The difference is not service versus devotion, but where our service begins and what sustains it. Everything else we rely on, our strength, abilities, accomplishments, roles, and even our health, can eventually be taken from us, but Christ cannot. When we are anchored in Jesus, service stops being something we perform to prove ourselves or measure ourselves against others and becomes a response to the love we have already received. The Christian life therefore holds Mary and the Good Samaritan together: sit at the feet of Jesus, then go and do likewise.

Conversation Starter: If you unexpectedly got three completely obligation-free hours this week, what would you actually do with them?

Prayer: Gracious Jesus, quiet the distractions that compete for our attention and draw us again to your feet. Remind us that our worth is not measured by what we accomplish or how much we serve. Fill us with your presence so that what we do for others flows from what you have already done for us. Open our hearts to your Word and to one another tonight. Amen.

Read Scripture together: Luke 10:38–42

3-Question Study Method

Use this method to understand the passage.

1. What is the passage about?
2. What do I learn about God?
3. What is the lesson I learn that I can apply to my life?

Discussion Questions:

- What stands out to you most in the story of Mary and Martha?
- Why do you think good things like serving can sometimes leave us resentful or exhausted?
- Where do you see the difference between Martha being “distracted” and Mary intentionally “choosing”?
- How can serving become a measuring stick for ourselves or for other people?
- How can you tell when your service is flowing from Jesus, or, when it’s being driven by guilt, obligation, or the need to feel useful?
- What tends to distract you from simply receiving what Jesus wants to give you?
- What would it look like for your service to flow from being anchored in Jesus rather than from obligation?
- How do Mary and the Good Samaritan together give us a fuller picture of following Jesus?
- Deeper Dive - If your ability to serve, produce, or accomplish were taken away, what would remain at the center of your identity and faith?

Memory Verse: “Mary has chosen what is better, and it will not be taken away from her.”
— Luke 10:42

Closing Prayer: Jesus, when we are distracted by everything we need to do, draw our attention back to you. Teach us to receive your grace before we try to give ourselves away. Anchor us in the love that cannot be earned, lost, or taken from us. Then send us to serve our neighbors—not from guilt, comparison, or exhaustion, but from hearts filled by you. May our lives reflect your goodness to a weary world. Amen.