

Today's Suggested Schedule—March 2026, Week 4

Bible Story: Mary and Martha • *Luke 10:38-42*

Bottom Line: Make time for Jesus first.

Conversation Starter: How can you make time for Jesus?

Monthly Memory Verse: *Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves.* • *Philippians 2:3 NIV*

SLIDE: Theme

WELCOME

Host has lots of energy as he or she welcomes everyone to [Name of Environment]. Host is relatable and inviting. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening, a viral video on YouTube, etc. Host tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.

OPENER

HOST: "Hey, everyone! Welcome back to another week of our theme for this month—'Upside Down!' How's everybody doing today?"

"Awesome! This month, we've been learning what it means to live upside down, to treat others the way Jesus treats us, even when that looks totally different from the way the world does things.

"Today, we're talking about something really important—something that can actually flip the way we live every single day. It's all about making time for Jesus first.

"Today's Bottom Line reminds us of what's most important.

SLIDE: Bottom Line

"When we [**Bottom Line**] **make time for Jesus first**, everything else in our lives starts to fall into place. Let's say our Bottom Line together!"

HOST AND KIDS: [**Bottom Line**] "**Make time for Jesus first!**"

HOST: "Great job, everyone!"

WORSHIP

WORSHIP LEADER: “Hey, everyone! Welcome back to another awesome week of our series called ‘Upside Down!’

“Today, we’re talking about something that can be tough for all of us: slowing down and making time for Jesus first. And one of the best ways to do that is right now, by worshiping Him together! Our first song is called ‘Praise.’ It reminds us that no matter what’s going on, God deserves our attention and our worship. Let’s stand up, sing loud, and give Him the praise He deserves!

SONG: “Praise”

“That was awesome! I love how that song reminds us to keep our focus on God, to stop and give Him praise in the middle of everything else going on. Our next song, ‘Waiting Here for You,’ slows things down a little. Sometimes we fill our lives with so much noise that we forget to make space for Him. So as we sing, take a deep breath, let the words sink in, and remember, Jesus is always worth your time.

“Let’s take a moment to look at our Memory Verse for this month. It’s such a great reminder that following Jesus isn’t about rushing through life or trying to be the best, it’s about slowing down, being humble, and putting others and Jesus first. When we take time to focus on Him, everything else in our lives starts to fall into place.

“I’ll say our Memory Verse first and then we can say it together! It’s Philippians 2:3!”

SLIDE: Memory Verse

WORSHIP LEADER: “*Don’t do anything only to get ahead. Don’t do it because you are proud. Instead, be humble. Value others more than yourselves. —Philippians 2:3 (NirV)*”

“Let’s say it together!”

KIDS AND WORSHIP LEADER: “*Don’t do anything only to get ahead. Don’t do it because you are proud. Instead, be humble. Value others more than yourselves. —Philippians 2:3 (NirV)*”

WORSHIP LEADER: “Awesome job, everyone! This week, let’s put that verse into action!”

BIBLE STORY

VIDEO: So and So Show

APPLICATION

COMMUNICATOR: “Martha’s story reminds us that sometimes we can be so busy *doing* things for God that we forget to actually *be* with God. She wanted to impress Jesus with her hard work, but all He really wanted was her attention. That’s a big deal, because it means Jesus doesn’t measure how much we do, He looks for how close we are to Him. It’s pretty amazing that we can be in the presence of the Almighty God. Let’s not miss it.

“Think about this phone. (*Hold up your phone.*) It’s not bad, it’s helpful. But if I’m always looking down at it, I miss what’s happening right in front of me. It’s easy for all of us to get stuck in distractions, texts, notifications, videos, and noise. They pull our focus in every direction, and before we know it, we’ve lost the quiet moments when we can actually listen for God’s voice. Jesus told Martha that Mary had chosen what was *better*. Mary wasn’t being lazy, she was being present.

“Making time for Jesus first doesn’t mean you stop doing the things you love. It means you start by inviting Him into them. You can talk to Jesus while you walk to school, thank Him before a big game, or ask for peace before a hard conversation. It’s choosing to pause before rushing into your day and saying, ‘Jesus, I’m here.’ The truth is, when you give Him your time first, the rest of your day shifts. You’re calmer, kinder, and more aware of the people around you.”

LANDING

COMMUNICATOR: “So this week, when your schedule feels full, when you’re jumping from one thing to the next, remember this story. Remember Martha running around, trying to get it all done, while Mary just sat at Jesus’ feet. It wasn’t that Martha’s work didn’t matter, it just wasn’t what mattered *most*.”

“When life feels loud or your mind feels crowded, try what Mary did. Pause. Sit still. Take a deep breath. Imagine setting everything else down—the noise, the stress, the expectations—and focusing on Jesus. He’s already waiting for you, ready to listen, ready to guide, ready to give you peace.

“Because the truth is, the world is always going to shout for your attention. But when you slow down and make time for Jesus first, you’ll find something the world can’t give you, the presence of God. Everything else might still be spinning, but you will be with Jesus.

“So this week, choose what’s better. Choose to make time for Jesus first.”

SLIDE: Bottom Line

“Before we head to small groups, I want to leave you with one last question to think about.”

SLIDE: Conversation Starter

[Conversation Starter] “How can you make time for Jesus?”

“Think about your week for a second. What usually takes up most of your time: school, sports, gaming, scrolling, or hanging out with friends? None of those things are bad, but sometimes they can fill up so much space that we forget to pause and spend time with God.”

“Maybe for you, making time for Jesus means starting your morning with prayer before you reach for your phone. Maybe it’s reading one Bible verse before bed or taking a few quiet moments to thank Him during the day. Maybe it’s pausing before playing a game and reading a devotional instead. It doesn’t have to be big or perfect, just honest.

“So as you head to your small group, think about this: What would it look like for you to make Jesus the first thing, not the last thing? What’s one change you could make this week to spend a little more time with Him, and see how it changes your day?”

PRAYER

COMMUNICATOR: “Before we pray, would you think about what your biggest distraction is right now? And would you give it to the Lord, and ask Him to help you make Him first in your life?”

Pause for a moment to let the kids talk to God, and then close in prayer.

“Jesus, thank You for showing us what really matters. Sometimes we get so caught up in doing things, that we forget to just be still and spend time with You. Thank You for reminding us, like You reminded Martha, that the most important thing is sitting with You, listening, and being close to You. Help us this week to slow down. Help us to turn off distractions and make space to talk to You. When our days feel busy or stressful, remind us to pause and remember that You’re right there with us. Thank You that You love us, not because of what we do, but because of who You are. Jesus, help us choose what’s better, to make time for You first. We love You, and we pray these things in Jesus’ name. Amen.”

SLIDE: Theme