

Discipleship Groups — Level 7
WEEK 4
Life Check: My Spirituality

Hi! I'm Pastor Jill and our discipleship groups have been working from the verse from 2 Corinthians 13:5, which says, *"Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test."*

As we continue on to session four of our self-examination, today's talk is titled **MY SPIRITUALITY.**

How do you motivate yourself toward an intimate, and continuous, personal relationship with Jesus? Our teaching today comes from Luke 10:39–42 (NLT) which says, *"Her sister Mary sat at the Lord's feet to listen to his teachings, but Martha was distracted by the preparations for the great supper. Then she went to Jesus and said, 'Master, don't you think it's unfair that my sister should sit here while I do all the work?' Tell her to come and help me. The Lord said to her, 'My dear Martha, you are worried and so anxious about all the details! There is only one thing worth worrying about. Mary has discovered it, and no one will take it away from her.'"*

In this story we see two ways of living a spiritual life:

- Martha → is busy preparing and distracted with work,
- While Mary → is focused, present, and connected to Jesus
- Both women loved Jesus, but only one understood the most important thing.

Jesus said, *"There is only one thing worth worrying about."* This teaches us that spirituality is not just about doing things for God, but about *being with God.*

Look at it this way, without a charge your Cell phone doesn't work.

An uncharged cell phone is a good example to explain our spiritual life, our dependence on God, and the need for daily connection with Him.

Our phones can be useful! They have a thousand applications, a great camera, and the memory and speed at which they operate can be very helpful to our daily lives. It is like having a minicomputer with so many uses. But if it doesn't work...it is simply a brick.

The same idea for our spiritual life is true:

You may have gifts and talents, intelligence, charisma, abilities and even be called by God. But without connection to God, nothing works well. John 15:5 says, *"Separated from me, they can't do anything."* Jesus was speaking about Himself as the vine, and

we are the branches—what happens when the branch dies? it falls off. We too can fall off the vine and fall away from God.

An uncharged cell phone becomes vulnerable—It is sluggish, doesn't respond, it heats up...and it shuts down! Without charging—spending time with God—we begin to lose our patience, may react badly to stress, fall into temptation, and think negatively about everything. We may become filled with anxiety, anger, or sadness as we lose our joy and faith. Our fleshly mind will take control when the spirit is not given time to recharge.

We must remember our life downloads us all the time, we get “software updates” constantly from the world we are in.

And just like our cell phone battery runs down from being used for texting, calls, our apps and the fact that it is always on, ready for use—Our Spiritual life battery is also being used up by daily stress, decisions you make every day, work, temptations, the news, problems, emotions, pressures from life and difficult relationships...just to mention a few.

Our battery does not run out due to "weakness," it is depleted by use. From the moment we wake up till we go to bed—our minds are going.

The only way for things to work is to RECHARGE.

The cell phone does not charge itself; it is not enough to want to charge it, it is not even enough to want to be strong. It must be connected to the source. OUR spiritually, our charge comes from the source. So we must:

- Pray—not just at the dinner table but real prayer every day. Romans 12:12 “... *be in constant prayer.*”
- Bible—commit to reading it daily, use an audio Bible and read along. Just start reading. Start out small and grow from that. Read a proverb a day...read through Psalms...just start reading.
- Worship—we have learned in everything, we can worship the Lord, in singing, in work, in pleasure. Make your life a life of worship and praise. –
- Gathering together—Hebrews 10:25 says not to neglect meeting together to encourage and grow your faith together. Small groups and church are great places to start.
- Silence and rest—God wants to talk to us too! Or He just wants us to rest in His presence. During your prayer give time to God, stop talking. Psalm 46:10 says, “*be still and know I am God.*”
- Obedience—this can be difficult because God might ask something of you that takes you out of your comfort zone. But you must remember He has you. Step out of the boat like Peter did when Jesus calls you. Yes, you might slip but God will be with you as your faith and obedience grows in Him.

All of these things will recharge your soul, your spirit, and your battery!

Charging should be done daily

You don't charge a cell phone once a week—you charge it every day. Your spirit needs to be charged every day too. Attending a church service on Sunday and Wednesday does NOT sustain you. You need daily connection. You need continuous presence and constant recharging to get you through your day-to-day life.

Many women serve Jesus without sitting with Jesus. We tend to get caught up in what needs to be done, but we must stop and choose God. Over everything else, first God; and He will make time for you to serve—prioritize time with Him first!

Spirituality begins with being at the feet of Jesus. Mary made an intentional choice: *She sat at the feet of Jesus and listened to his word.* This shows us the importance of time and intimacy with God, listening to His voice, and learning from Him.

True spirituality does not begin with activities, it begins with relationship. Do not be sidetracked or distracted with your family, work, the endless responsibilities, ministry, or friendships.

Jesus reminds us: The most important thing is to be with Him. Before we can serve, we need to connect with God. To feed others, you must be fed yourself.

Your Spirituality is a daily decision. Choosing to seek God, set aside time, listen to His voice, and cultivate intimacy with God. No one can do this for you.

When a woman chooses God's presence:

- Her life is *strengthened*—all women need that.
- Her heart is *aligned*—such a sweet place.
- Her mind is *renewed*—freshness.
- Her influence will grow—we talked about that in our last lesson

Finally, we must guard our hearts from distraction and eagerness. Martha wasn't doing anything wrong... but she was distracted and busy. Jesus said to her, "*My dear Martha, you are worried and so anxious! Restless with all the details!*" This can also happen to us: We may get busy and disconnected, doing a lot but not enjoying God, serving Him but without intimacy.

The danger is not only sin, but also spiritual distraction. Our *eagerness* can steal our peace, affect our relationship with God, and cool our spiritual life.

Discipleship teaches us to prioritize the eternal over the urgent—the dishes, the laundry will wait for you. Choose the best way to live a God-centered life every day, every moment.

Jesus said something powerful: "*There is only one thing worth worrying about. Mary has discovered it, and no one will take it away from her.*" Everything should flow from a life connected to God, being a strong and healthy branch from the vine.

Questions for reflection in your group

1. Do you identify more with Mary or Martha at this stage of your life?
2. If Martha, what triggers a Martha-reaction in you?
3. What drains your battery the most? What do you tend to think about mostly?
4. What things are you allowing to distract you from your relationship with God? What is priority in your mind and in your life?
5. Have you ever tried to live your life without charging your spiritual battery? How did that go?
6. To what source do you find you are connecting your heart to?
7. What practical changes can you make to prioritize your time with Jesus daily?

Practice Prayer

"Lord, recharge my spirit. I reconnect my life to your presence. Give me strength, focus and direction."

Weekly application: 10 minutes daily of prayer + reading + silence.

Memory Verse: James 4:8 (NLT): "*Draw Near to God, and God Will Draw Near to You.*"