

formed

*Words That Move Us
From Believer to Disciple*

ONE THING

*Formed
Week 11
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KEY POINTS

- Attention is a valuable resource, and whatever captures it eventually shapes the heart.
- Like boats in a harbor, people need a mooring — a fixed point that keeps them from drifting toward whatever voices are loudest.
- Scripture, and specifically the command to “seek first” God’s kingdom, serves as that mooring.
- Seeking first is not about a checklist or a morning routine but about orienting one’s entire life around Jesus and his kingdom as the highest priority.
- Many people have made Jesus a guest rather than a king, welcoming him without surrendering authority to him.
- First things must be intentionally chosen — they will not happen by default or accident.
- Sitting at the feet of Jesus, as Mary did, is a picture of abiding — not merely proximity to Jesus but genuine connection and dependence on him as the source of life.
- Proximity to Jesus is not the same as intimacy with Jesus.
- Culture and other people’s expectations constantly compete to define our worth, but Jesus calls our name with love and redirects us to the one thing that is necessary.
- Choosing first things will cost something, often someone’s approval, but it is the good portion that cannot be taken away.

SCRIPTURE REFERENCES

Matthew 6:31-33

Luke 10:38-42

John 15

John 11

DISCUSSION QUESTIONS

1. Jesus commands his followers in Matthew 6 to seek first the kingdom of God rather than being consumed by anxiety over everyday needs. What 'second things' have you been treating as 'first things,' and what has that cost you?
2. Attention is a valuable resource that shapes our hearts over time. What voices or forces have been capturing most of your attention lately, and how have they been forming you?
3. Mary chose to sit at the feet of Jesus despite cultural expectations that would have demanded otherwise, and her choice cost her her sister's approval. What approval or comfort might you have to sacrifice in order to truly prioritize time with Jesus?
4. Jesus speaks to Martha with compassion rather than condemnation, calling her name tenderly even while redirecting her. How does the way Jesus addresses Martha change how you hear Him speaking into your own busyness and anxiety?
5. By the time Lazarus died, Martha's faith had grown to the point where she could recognize Jesus as the Messiah even in her darkest moment. How does investing in first things now shape the kind of faith you will have when life becomes most difficult?

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