



# Is That In The Bible?

Sermon Notes

The  
**CHOSEN**

## Title

- Rhythms of a Healthy Soul

## Points:

- Good things can keep you from the best things
- When you focus on others, you leave yourself unattended
- Work without worship is wearying
- When you lose your why, you lose your way

## Introduction

If you are someone who...

- Struggle with the need for control?
- Anxiousness part of your story?
- Perfectionism, people-pleasing, performance mentality?

There’s so much good news for you!

Hello, welcome, and welcome to *Is That in the Bible?*

We’re coming to you from the set of *The Chosen* — today’s episode is Season 4, Episode 5: *Sitting, Serving, Scheming*.

*(Play Clip)*

## Is That In The Bible?

**Yes!** Turn to **Luke 10:38–42** — let’s dig deeper.

## Context

**Title:** *The Rhythms of a Healthy Soul*

This moment is **not** about correcting hospitality.

Hospitality is a spiritual gift, commended by the New Testament—you can even entertain angels unaware!

But Jesus teaches Mary what we all need: **the rhythms of a healthy soul.**

### Artistic liberties:

- We don't know the exact recipe (lemon and mint in the crust?)
- Or that Big James tried to sneak seconds
- But the rest is pulled straight from Scripture.

## Setting the Scene

- Jesus is approx. six months from the cross
- Ministering around Judea (area surrounding Jerusalem)
- The 70 have just been sent out and returned
- Now Jesus and the team have come to **Bethany**
  - A village near Jerusalem, other side of Mount of Olives
  - 2 miles away — 30–40 minutes walk

### Why Bethany?

Because He was **welcome** there.

Just like the wedding at Cana—Jesus waits to be wanted.

Have you welcomed Him in?

### Household:

- Three siblings: Lazarus, Martha (older), Mary (younger)
- Mary would later anoint Jesus' feet with perfume
- Jesus loved them.

His friendship with Lazarus, as depicted in the show, is beautiful—life-giving outside of “vocation.”

## Wealth and Service

- This family was wealthy and used their resources to serve Jesus
- The Bible doesn't condemn wealth—only **love** of money
- They pulled out the guest rooms, Murphy beds, foldout couches
- Martha planned a dinner to celebrate the team
  - Jesus and team were pouring their hearts out—saving souls
  - They deserved rest

### J.B. Phillips Translation (v. 40):

*Martha was very worried about her elaborate preparations.*

She went over the top—Pinterest decorations, name tags, going crazy!

## Mary at Jesus' Feet

- “Sitting at Jesus' feet” = an honor never extended to women
- It meant **being a disciple**
  - Paul was “raised at the feet of Gamaliel”

### Cultural view:

- Religious leaders said better to burn the Torah than teach it to a woman
- Talmud prayer: *“Blessed are You, Lord our God... who has not made me a Gentile... a slave... a woman.”*

But **Jesus was different.**

Mary was welcomed, equipped, and accepted as His disciple.

She took full advantage.

Mary is seen at Jesus' feet **three times** in Scripture:

- *John 11*
- *Matthew 26*
- *Here in Luke 10*

## Martha's Outburst

While Mary “lollygagged,” Martha flipped.

She went full **Gordon Ramsay**—cut Jesus off.

In response to her freaking out, Jesus gently pointed out she was missing out. There was room at His feet for **her** too.

He wanted her undivided attention.

He called it **the one thing needed**.

She was **distracted**, pulled in many directions, multitasking.

But she was only hurting herself.

She was:

- Under the same roof
- In a different room
- Close enough to see the fire
- Too far to feel the heat
- Present in body
- Absent in heart

## Modern Parallel

We have the **YouVersion Bible app** and social media on the **same device**.

We can worship and watch the news—**on the same screen**.

Let's extract **four lessons** from this text:

### 1. Good Things Can Keep You from the Best Things

- What Martha chose wasn't bad—**not sin, baklava!**
- The issue wasn't **good vs. bad**, but **good vs. best**
- *“The good is the enemy of the best.”*

- If the devil can't get you **bad**, he'll settle for **busy**

Martha wasn't bad—just busy.

At that moment, **sitting at Jesus' feet** was the best thing.

He called it “the good part.”

**MSG (v. 42):** “*The main course.*”

Not just about what you do—but what you **neglect**.

You can:

- Preach sermons
- Serve in kids' ministry
- Lead worship

...and **miss the main thing**.

Don't forget: He said, “*I stand at the door and knock*”—to the church.

## 2. When You Focus on Others, You Leave Yourself Unattended

- Martha **cuts off** Jesus' sermon and **accuses** Him
- It takes serious guts to interrupt Jesus and **give Him orders**

Like when Peter rebuked Jesus about the cross plan:

“*Not so, Lord*” — those words don't go together

You can't **exalt** and **rebuke** Jesus at the same time

Martha saw Mary's actions as **criminal**, oblivious to her own condition

- Trying to get a speck out of Mary's eye with a plank in her own
- Like the oxygen mask principle—help yourself first

We are all blind to our own **blind spots**

### 3. Work Without Worship Is Wearying

Counterintuitive: you actually get more done when you rest.

**Ecclesiastes 10:10** — *If the ax is dull... more strength is needed. But wisdom brings success.*

Worship **sharpens the blade** of your soul.

Without it, you'll:

- Burn out
- Grow resentful
- Start to believe you're doing God a favor by serving Him

Connection:

- Idolatry -> Anxiety
- Sabbath is a principle—daily and yearly

Adam's first job was to **rest**—on Day 7

In what **God had done**

### 4. When You Lose Your Why, You Lose Your Way

Her **why** was to serve Jesus.

At some point, she lost it—and wandered off course.

It can happen to us, too.

**Sermon in a sentence:**

*When what you're doing for God isn't fueled by time with God, you will act like you're God.*

Jesus' response:

"Martha, Martha, you are worried and troubled about many things."

- Saying her name twice = **affection**

**John 11:5** — *Now Jesus loved Martha...*

And He loves you, warts and all.

**Sit like Mary** so you can *rise like Martha*.

## Closing

What good thing is keeping you from Jesus' feet today?

**Matthew 11:28–30 (MSG):**

*28 "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. 29 Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. 30 Keep company with me and you'll learn to live freely and lightly."*