

RPM MANAGEMENT

March 3, 2019 Luke 10:38-42 by Bob Branch
@Rest series, part 5

BIG IDEA: Managing our RPMs—our internal freneticism, speed, stress and space—and how to enter into the rest Jesus offers.

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made.

WELCOMED Jesus into her home!

"I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends." **Revelation 3:20** NLT

Jesus is PRESENT

CONTRASTING Mary and Martha

She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

1. **BUSYNESS** and **COMPARISON** make it easy to miss God's care.

Where are you on a busyness scale?

Who are you comparing yourself with?

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—indeed only one. Mary has chosen what is better, and it will not be taken away from her." **Luke 10:38-42**

2. **FEWER** things are better.

Simplicity. Less is more.

"I have learned the secret of being content in any and every situation" **Philippians 4:12**

"true godliness with contentment is itself great wealth."
1 Timothy 6:6 NLT (Ps. 62:10; Lk. 12:34)

3. We **CHOOSE** what to invest in.

Being present.

"O God, give me more moments like this—moments when I am fully present to you and to others in love."
Ruth Haley Barton, Sacred Rhythms

"Be quiet before the Lord and wait for him." **Psalms 37:7**
(Ps. 46:10; Zech. 2:13; Ex. 14:14; Neh. 8:11; Mk. 1:35; 6:31; Lk. 5:16)

QUESTIONS:

What would your life look like Uncluttered? Unhurried? Simpler?

What things/commitments would be non-essentials? What needs to go?

When can you carve out time to slow down, settle-down, be still(er) and rest?