

This Facilitator Guide will help you lead conversation with your LIFE Group. Review the Guide beforehand, and test your audio/video setup if you plan to show the Recap Video. Note: [Brackets] indicate simple cues for you as a Facilitator, not necessarily to be read aloud. When you're ready, begin with the Conversation Starter.

CONVERSATION STARTER

What was the most complicated item that you have ever had to assemble?

Which of these responses are most common for you?

- A. *Yell at the instruction manual.*
- B. *Apply brute force until it works.*
- C. *Admit defeat and call for back-up.*
- D. *Post negative reviews online.*

Read: Luke 10:38-42, the story of Mary and Martha.

Play the **Recap Video**. If you are unable to do so, move to the Discussion Questions.

DISCUSSION QUESTIONS

Question 1: In the story from Luke 10, Martha was frustrated and overwhelmed. How do you behave when you are frustrated and overwhelmed?

Question 2: Martha blamed Mary for her frustration, saying, "Doesn't it seem unfair that my sister just sits here while I do all the work?" Do you find yourself blaming someone else for *your* frustration? If so, who?

Question 3: Jesus confronts Martha for allowing details to distract her from a relationship with Him. What distracts you from *your* relationship with Jesus?

[Too busy. Want to stay in bed. Distract yourself with tasks. Want to be entertained.]

Take a step: Don't wait to talk to God about how you're feeling, take time to pray right now.

[Allow 1-2 minutes of silence for individuals to pray.]

CONVERSATION WRAP-UP

Question 4: When is the next time that you will pray, continuing your conversation with God? Decide where and when you will talk to Him, so He can begin to fill your tank.

Plan it: Figure out where and when you'll meet for LIFE Group next time.