

CrossWalk notes

From Grinchmas to Christmas

Navigating Being Distracted

December 18, 2022 / Dan Solofra

How can I keep myself from being stressed out by my preparations for Christmas?

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. 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!"

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

Especially during Christmas time, I need to say "Yes" to the _____ "Yes".

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light." **Matthew 11:28-30, NIV**

I am weary and burdened because I am using my _____ as the gauge of my worth.

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. . . ⁴⁰ But Martha was distracted by all the preparations

that had to be made. 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!" ⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things **Luke 10:38;40-41 NIV.**

All of us yoke ourselves to something for value, if it is not Jesus, we _____ it and/or ourselves and others.

²⁸ "**Come to me**, . . I will give you rest. ²⁹ Take my yoke upon you and **learn from me**, for I am gentle and humble in heart, and you will find rest for your souls. **Matthew 11:28-29, NIV**

Jesus is inviting you into a personal relationship with him, his _____ and _____ are unique.

²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light." **Matthew 11:29-30, NIV**

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

Jesus' yoke is to _____ of him and to _____ him above the activities that distract and wear me out.

MEMORY VERSE

⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." **Luke 10:42, NIV**

My next step: I am yoked to Jesus. I will learn from him and cultivate that relationship through him. I will consider the options that CrossWalk offers for growth.