

THE UPWARD
JOURNEY 5
MAKING THE BETTER
CHOICE— SIT AMID
THE DUST OF THE
FEET OF RABBI JESUS



Terminology

- Spiritual director = someone who is giving you ongoing spiritual advice and guidance.
- Mentor, discipler.
- Has usually studied “spiritual formation” as a discipline.

How does Jesus feature in our thinking?

- Are you as devoted for Jesus today as you've ever been in your Christian walk?
- Do you look to him as THE model of how to live a faithful and spiritual life?
- Are you in the gospels learning from him?
- Are you enthusiastic to learn new life lessons from Jesus?
- Is Jesus your spiritual director?
- Are you sitting amid the dust of the feet of Rabbi Jesus?

Sitting at the feet of Jesus

- As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. 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!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." (Lk 10:38-42)





Choice between ministry/service and contemplation.

- Martha – chose service over contemplation.
- Mary – chose contemplation over service.
- Not either/or necessarily.
- “Martha is focused on her own goal. She is so busy being gracious and polite and a good hostess that she has no time to be with the Lord. We may say that all we have—time, life, money—is the Lord’s, but does He have our attention? We may be too busy doing good works.”[Preacher’s commentary series, vol. 25, 191)
- What happened for Martha?
- How can we navigate this?

Overwhelm

- Here is my one helpful thought here—before you get overwhelmed by ministry details, overwhelmed by service, overwhelmed by ministry preparations, overwhelmed by things that must get done and get done today, put yourself in the presence of Jesus and the Holy Spirit and let them wash over you and be overwhelmed (notice the divine passive there) by Jesus' love, grace, mercy, comfort, care, and compassion. Be overwhelmed by the Holy Spirit's direction, guidance, and counsel, be aware that when you don't know what to say, the Holy Spirit will give you the exact words. Be swept away by God's presence who will be with you as a cloud that offers shade during the day and as a protective fire to guard you and provide warmth by night. Start there.
- What do think about that?



Evaluation

- When you see something begin to encroach on your time with God, who steps in to make sure your time with God is not sacrificed?
- Do I have strategies in place to protect my time with God?
- Service of the hand cannot supersede service with the ear, since the ear guides the heart and the hand.” Agree or disagree?



Activity

- Read chapter 6 –“Jesus, the ultimate travelling companion” and meditate on those words.
- But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. (Ps 131:2)



Wrap-up

- Am I more “connection” or more “duty”?
- Do I find myself “worried and upset” a lot?
- Do I think of Jesus as “the ultimate travelling companion?” How core is he to the way I live out my faith?
- What strategies do I have or need to protect my time with God?