



Sermon-based reflections connect the week to the weekend!

Dig deeper into the talk each week, in a small group or independently. Challenge yourself to see how the message actually makes sense and applies to your everyday life.

Message Info: Guiderrails - We Keep Jesus Center, 10/2/23 - Overwhelmed. Exhausted. Guilty. When our priorities are imbalanced, we feel it. Keeping Jesus at the heart of our lives won't simply bring us peace, and it's not just a good idea. It is *the way*. Lets look at the importance of keeping him center, and talk about how to do it. (Passages: Matthew 6:33, Colossians 1:15-20, 2:9-10, Luke 10:38, John 14:6)

Discussion Questions: Take your time and dig into these questions.

Is it easy to keep priorities straight? When do we notice they're out of whack? What triggers the drift from focus on Jesus? Is there a way to combat it? What aids does God give us?

Read Luke 10:38-42. What stands out to you in this passage. Why?

Martha's intentions were good, but she still missed the key. Inviting Jesus in is just the beginning. Despite the distractions and pressure of expectations on her, Mary saw Jesus, and sat at his feet. How does Jesus respond to Martha? What things are you worried about? Distracted by? Can you trust Jesus with them?

Jesus tells us to "seek first the kingdom of God and His righteousness" (Matthew 6:33). He promises to take care of all our stressors, big and small, if we just keep him center. Read Colossians 1:15-20 & 2:9-10. How do these verses reinforce Jesus capability? Trustworthiness? Why is it so important to make Jesus center?

Jesus is the perfect picture of God in the flesh; and he experienced everything we go through. A self-centered focus perpetuates brokenness. But Jesus at our center gives life. There is no one better to model our lives after than the one who holds everything together. How did Jesus spend his time? Who with? How did he respond to stress? Criticism? Acknowledge who he is. Slow down and spend a minute getting to know him. Choose him as your center daily.

"Jesus said to him, 'I am the way, the truth, and the life. No one comes to the Father except through me.'" John 14:6

Weekly Challenge: Schedule at least a few minutes every day this week with Jesus. Let distractions go and focus on him.