

Walking with Jesus: At the Feet of Jesus

Luke 10:38–42

July 20, 2025 – DCC Summer Series

Big Idea

Discipleship doesn't begin with doing for Jesus—it begins with being with Him.

Walking with Jesus starts by sitting at His feet.

Text Overview – Luke 10:38–42

Luke places this quiet scene immediately after the action-packed parable of the Good Samaritan. While that story ends with “Go and do likewise,” this story shows us the other half of discipleship: stopping to listen.

Key Words & Phrases:

- “Sat at the Lord’s feet” – A disciple’s posture (v. 39; cf. Acts 22:3)
- “Distracted” (*periespato*) – Literally “pulled around” (v. 40)
- “Worried” (*merimnas*) – “Divided” or fragmented (v. 41)
- “Only one thing is needed” – The presence and word of Jesus (v. 42)

Main Point 1: Two Sisters, Two Postures

Martha – Distracted, overwhelmed, anxious

Mary – Devoted, attentive, present

Martha was doing good things *for* Jesus...

But Mary chose the *better* thing: to simply be *with* Jesus.

Quote to Remember:

“The concert of the universe was happening in her living room... and she was too busy with the appetizers.”

Challenge Question:

Are you *servicing* Jesus so much that you’ve stopped *sitting* with Him?

Main Point 2: The One Thing Necessary

“Mary has chosen what is better, and it will not be taken away from her.” (v. 42)

Jesus doesn’t rebuke Martha’s activity—He redirects her attention.

Discipleship requires both:

- The hands of the Good Samaritan
- The heart of Mary at Jesus' feet

Illustration: Noise-Canceling Headphones

Mary tuned out the chaos. Martha turned up the volume.

Illustration: The Jar of Rocks

Fill the jar of your life with what matters first:

- Big rocks: Time with Jesus, Scripture, rest, presence
- Sand: Notifications, errands, distractions

Application & Reflection Questions

1. What are the “many things” distracting your soul?
2. When was the last time you sat quietly at Jesus' feet?
3. Have you confused spiritual busyness with spiritual health?

Takeaway Practice: Daily Mary Moments

- 5–15 minutes a day
- No phone, no noise
- Just the Word, silence, prayer
- Start with Luke—slow, attentive, and unhurried

Quote from Eugene Peterson

“Discipleship is a decision to walk with Jesus and learn from Him. It is not about being busy with religious activity, but being present to the presence of Christ.”
(A Long Obedience in the Same Direction)

Closing Thought

Before we run to serve Jesus, let's pause to sit with Him.
This is where the road of discipleship begins.