



**Mother's Day:** *"Living The Unhurried Life"*

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**Sunday, May 10, 2026**

## **Introduction**

This Mother's Day, we take time to reflect on the power of presence. Not just the presence of a loving mother, but the powerful presence of a loving God. In a world that celebrates hustle, productivity, and constant movement, it can become easy to confuse being busy with being spiritually healthy.

In the story of Mary and Martha (Luke 10:38–42), we see two different responses to the presence of Jesus. Martha was serving, preparing, and working hard, while Mary chose to sit at the feet of Jesus and simply dwell with Him.

This message reminds us that while work, service, and responsibility matter, our relationship with Jesus must remain the priority. If our doing outweighs

our dwelling, our hearts can become anxious, distracted, frustrated, and exhausted. God invites us into an unhurried life — one marked by peace, presence, and rest in Him.

## **Discussion Questions**

**Read:** Luke 10:38–42 (NLT), 2 Corinthians 3:17, and Psalms 27:4

### **Understanding the Story**

1. Which person do you relate to more right now — Mary or Martha? Why?
2. What do you think Martha was missing while she was busy serving?
3. Why do you think Jesus gently corrected Martha instead of praising her productivity?
4. What stands out to you about Jesus calling Martha by name twice?

## **Reflection & Application**

5. Have you ever been so busy doing things for God that you neglected time with God?

6. What are some modern-day distractions that keep us from dwelling in God's presence?

7. The message said, "If our doing outweighs our dwelling, we are out of alignment." What does that statement mean to you personally?

8. What are some signs in your life that reveal you may need spiritual rest? (Examples: irritability, comparison, anxiety, frustration, exhaustion, distraction)

9. What does "resting in God's presence" practically look like in your daily life?

## **Going Deeper**

10. Why is it difficult for many people to slow down and be still before God?

11. How can we balance hard work and responsibility while still maintaining an unhurried heart?

12. What is one practical change you can make this week to create more intentional space with God?

## **Memory Verse**

*"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life..."*

Psalms 27:4 (NLT)