



LISTENING GUIDE

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The One Thing Needed

Luke 10:38-42

As the holidays become reality, our anxieties often become magnified. Like one of the two women we find in our passage today, we may find ourselves overwhelmed, distracted, and even resentful, wondering if anyone sees or cares about our burden. In Jesus' brief encounter with these women, though, He offered a timeless prescription for our worry and stress: *to choose the one thing needed*. Let us examine His response through three key lessons that reveal how Christ meets us in our anxiety and provides peace.

Notice...

I. The _____ from Christ (v.40)

II. The _____ to Christ (v.39)

III. The _____ in Christ (vv.41-42)

Making it Stick...

1) Evaluate your _____

2) Create _____ for Christ

3) Trust His _____