

## Kingdom Metrics: The Jesus Metric

The story of Martha and Mary (Luke 10:38–42) exposes a tension every disciple feels: the pull between doing for Jesus and being with Jesus. Martha welcomed Jesus into her home, yet became distracted by serving. Mary welcomed Jesus into her heart, choosing to sit at His feet and learn from Him. This message reframes success through the “Jesus Metric,” valuing relationship with Christ above busyness, performance, or distraction. The question is simple but searching—What do you value most? Let’s see what God’s Word has to say!

**Read Luke 10:38-42 and the additional verses, then answer the questions on the back.**

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40 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!” 41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

### Additional Verses

- Luke 21:34 — Be careful or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.
- Mark 4:19 — But the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.
- Isaiah 26:3 — You will keep in perfect peace those whose minds are steadfast, because they trust in you.
- Philippians 4:6-9 — Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
- 1 Corinthians 7:35 — And this I say for your own profit, not that I may put a leash on you, but for what is proper, and that you may serve the Lord without distraction.
- Matthew 11:28-30 — “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

## Questions for Reflection

1. Which passage speaks to you most? What would you say is a key verse?
2. What stands out to you about Martha's initial act of welcoming Jesus into her home? How has busyness or modern life shaped your willingness to practice hospitality? Where do you see the difference between inviting Jesus in and being too busy to spend time with Him? Where might Jesus be wanting access to your life today?
3. Martha was "worried and upset about many things." Which "many things" tend to weigh you down? How do comparison, performance, or social media feed distraction in your life? What good things in your life sometimes become the enemy of the better thing? How do you personally know when you've slipped into Martha-mode? What helps you return to focus?
4. Mary "sat at the Lord's feet and listened." What does that posture look like for you today? Why is it difficult to choose intimacy with Jesus over activity for Jesus? What practices help you slow down and be present with Christ? Which of Jesus' warnings about distraction (Luke 21:34; Mark 4:19) speaks to you most? What would change in your life if you consistently chose "the one thing?"
5. How do you know when serving has replaced relationship in your walk with Jesus? What does it look like to serve from overflow rather than obligation? Where is Jesus inviting you into deeper relationship right now?
6. What are the "temporal distractions" that compete with eternal priorities in your life? How do Isaiah 26:3 and Philippians 4:6-9 describe someone who keeps their mind on Jesus? What choices are you making that lead you toward deeper union with Christ—or away from Him? What is one lasting choice you want to make this week?
7. Identify one major takeaway from this lesson. What insight did you gain? Summarize it in one or two sentences.

**Summary:** The Jesus Metric flips our normal measurements of success upside down. Busyness, productivity, and even ministry can distract us from the one thing that matters most—relationship with Jesus. Like Mary, we are invited to choose the better part, the lasting part, the part that "will not be taken away." The health of your soul is the health of your life. Remember to keep the main thing the main thing. Choose Jesus first, always.

*"Jesus, thank You for being the one thing our souls truly need. Quiet our hearts from the noise, the pressure, and the distractions that pull us away from You. Teach us to sit at Your feet and to learn from You. Help us welcome You into every part of our lives. Draw us into deeper relationship with You. May we choose the better part so that Your peace will guard our hearts and our minds in Christ Jesus. Amen."*

**Bible Refs:** [Luke 10:38-42](#); [Luke 21:34](#), [Mark 4:19](#); [John 12:1-3](#); [Luke 7:36-50](#); [Isaiah 26:3](#); [Philippians 4:6-9](#); [1 Cor 7:35](#); [Psalm 46:10](#); [Matthew 11:28-30](#) [**SPANISH**]