



Things to Talk About and Reflect Upon

“The Good Portion”

Points from Sunday’s Message

Point 1 - My service is no longer God’s service when my focus has shifted to myself and others.

Point 2 - Good things become troubling things when they produce more worry than worship.

Point 3 - The many things find their proper place only when the one thing comes first.

Key Verse:

“But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”

—Luke 10:42

Discussion Questions:

1. What is currently competing for your attention?

Questions: Pastor Miles opened with the question: “What, if anything, are you worried about right now?” What are the “many things” currently filling your mind and schedule? How do those things affect your ability to be present with Jesus?

Further Reading: Matthew 6:25–34 (Do not worry), Philippians 4:6–7 (Be anxious for nothing)

2. Do you relate more to Martha or Mary right now—and why?

Questions: Martha was “distracted with much serving,” while Mary sat at Jesus’ feet. In this season of life, which posture describes you more? What are the strengths and dangers of each?

3. When does your service shift from worship to frustration?

Questions: Pastor Miles said: “My service is no longer God’s service when my focus has shifted to myself and others.” Have you ever felt unappreciated or frustrated while serving? What signs reveal your heart is drifting from serving Christ to serving self?

Further Reading: Colossians 3:23–24 (Work as unto the Lord)

4. How can good things become spiritually unhealthy?

Questions: “Good things become troubling things when they produce more worry than worship.” What are some good things in your life that have started producing stress, anxiety, or comparison? How can you tell when something good has taken the wrong place in your life?

5. What does it look like to choose “the good portion” in a busy life?

Questions: Jesus said, “One thing is needed... Mary has chosen that good part.” Practically, what would it look like for you to “sit at Jesus’ feet” this week? What needs to change in your schedule or mindset to make that possible?

Further Reading: Psalm 27 4 (One thing I have desired...), John 15:4–5 (Abide in Me)

6. How does “order” change everything in your relationship with God?

Question: “The many things find their proper place only when the one thing comes first.” How does spending time with Jesus first transform the way you approach work, family, or ministry? What’s one practical step you can take this week to put the “one thing” first?

Use these blended questions for deeper personal reflection, prayer, or small group discussion.