***Refreshed in Christ from Head to Toe!***

**Teaching Notes: Week 3**

 ***Strivings* ~ Crowding out Christ?**

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 ***S.A.S.S.E.Y. Souls***

***S.A.: \_\_\_\_\_\_\_\_\_\_- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***S.S.:\_\_\_\_\_\_\_\_\_\_\_- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***E.Y.:\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Great news! There is a Remedy for ‘Marthitis’ that is highly effective if applied daily:***

***A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Matthew 6:33 (Above all else)***

***B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Psalm 46:10 (KNOW!)***

***C: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1 Peter 5:7 (Leave them there!)***

***“****Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.****7****And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

*Philippians 4: 6-7 NIV*

***What will you do with God’s Word?***

**Week 3: *Strivings* ~ Crowding out Christ?**

Personal Reflections and Points to Ponder

**Day 1: 1,440 Minutes**

Consider the moments of your day; where is your focus most readily drawn? Review the A,B,C’s from Session 3; reading each of these 3 passages with prayerful focus. Savor sitting silently in prayer with a pursuit to draw near to Him (James 4:8) as He stirs your awareness of what He desires for you to lay before Him. Cease striving; ***Knowing*** He hears, cares, and reigns with loving kindness (Psalm 93:1, Psalm 144:2).

**Day 2: Mary & Martha:** Yes, once again read Luke 10:38-42. As women, we can be inclined to read this passage as a rebuke rather than a loving encounter.Why do you think some women feel defensive when they read this passage?

Psalm 139: What is Jesus desiring to impart to Martha’s heart (*out of love*), and what makes it so important?

 I invite you to ‘*sit a bit’* in His presence. If you were to insert your name in this passage where Martha’s name exists, what might Jesus desire to impart to your heart out of His love and concern for you?

In closing, what truth in verse 42 is *so very important* to hold onto?

**Day 3: S.A.S.S.E.Y. Souls:**

 Our “soul” is comprised of our *mind*, *emotions*, and *will*. When these are characterized by ‘self’ (self-absorbed and self-sufficient), we are positioned to be *easily yielded* to attitudes and actions not reflective of Christ or pleasing to God. What attitudes and actions you are vulnerable to when *‘self’* leads the way?

Refresh your memory regarding the tender Truth of Philippians 1:6. This passage is worth writing out and placing an exclamation mark afterwards:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

Whew! It looks like Martha could testify to the power of this promise; she stands out when last seen in John 12:2.
What is timelessly recorded about Martha in this passage? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you think changed in her for her to be ‘*noteworthy*’ in this scenario? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How can one actively engage in ‘serving’ while simultaneously being ‘still’ before the Lord?

Close in prayer; confess where “self” has preceded putting God first, & enjoy focusing afresh on Him!

**Day 4: *Peace!*** Isaiah 26:3-4.This passage is worth writing out. What is promised in these verses and what is essential for this Truth to take root?

Conclude with Proverbs 3:5-6; prayerfully considering this passage as you wrap up today: “\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_ with \_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_ and \_\_\_\_\_ NOT \_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_; in A\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_ acknowledge/submit to H\_\_\_ and He WILL \_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.”

**Day 5: God’s Remedy: A Redeemer**: Read Psalm 46:10: Delight in Him with songs & thanksgiving!

***What will you do with God’s Word?***