

*August 8, 2021*

# NORTH METRO CHURCH

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NMC SERMON SERIES CONTENT



A I R P L A N E  
M O D E

PRACTICING SPIRITUAL DISCIPLINES

## **“Airplane Mode” series overview:**

We live in a noisy world. Even when alone, apart from sound, we’re bombarded with texts, emails, and social media messages. The desire to seek solitude and silence isn’t only about finding a quiet place. It’s about discovering the gift of removing ourselves from the cacophony of messages to find our rest in the Word, Jesus. Drawing from the life of Jesus and the apostle Paul, this four-week series extends that invitation at four critical life junctures: a big decision, a big loss, a big job, and a big change. At each point, a time of silence and solitude in God’s presence can heal us of the past and prepare us for our futures.

# “AIRPLANE MODE”, WEEK 1

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## **Discussion Questions:**

What is your favorite part about flying? Least favorite part about flying?

**Read Luke 10:38–42.**

Why is Martha so upset and frustrated?

Who do you identify more with, Mary or Martha?

Why is it sometimes easier for Christians to “do things” for Christ rather than to spend time being with Christ?

Having lost her focus on the Lord and having been consumed with worry, Martha lashes out and blames her sister when, according to Jesus, it was her own poor choice. What are the common results you experience when you lose your focus on God? Who, or what, do you blame when your life becomes chaotic?

Discuss the impact that technology has had on your pace of life and on how you view others?

This passage invites us to see Jesus Himself as our 'portion.' Apart from Christ, what things do you treat as your 'portion'? In other words, where are you tempted to look for life apart from Christ?

What time of day have you found to be best for you to be able to really sit, listen, and hear from the Lord?

In **Luke 10: 41**, how does Jesus refocus Martha's perspective?

In **Luke 10: 41**, the passage more literally reads "Mary has chosen the better portion." Look up the following verses and record what background they give concerning Jesus' use of the word "portion."

**Numbers 18:8-29**

**Lamentations 3:23-24**

What insight does this provide as to how we should see our time with the Lord?

**Read Luke 6:12-13, Matthew 14:23 & Luke 5:16.**

What can we learn from Jesus' example from these passages?

How can you apply what you have learned from this discussion into to your life today?

How can the group pray for you?