



# LIVE IT OUT CURRICULUM

**BGC**  
BAPTIST GROVE CHURCH

# SERMON RECAP

**ONE THING (Read Luke 10:38-42):** Our lives have been disrupted. Stores have closed. Social venues have closed. Restaurants have closed or gone to carry-out only. Schools have shut down or gone online. Church buildings are closed! We are being told to stay at home or “be still.” If the truth be told, “being still” is one of the most difficult things for some of us to do. We may feel like we are unproductive and stuck as a result of having to be still.

Yet, heaven may have a completely different perspective on our stillness. Namely, the still moments of our lives are full of possibility and potential for spiritual growth and renewal. Perhaps the disruption we are experiencing right now is purposeful, as God is decluttering our lives that we might give our undivided attention to God.

In Luke 10:38-42, Martha welcomed Jesus into her home but she is distracted by many things. Her sister, Mary, on the other hand, is sitting at Jesus’ feet and clinging to every word of his teaching. While Martha is furious because Mary is not helping, Jesus says Mary has chosen the “better portion.” In this season where everything is shutting down, God is shaping our hearts so that we can be cleansed of a Martha mentality and begin to have a Mary posture. God wants disciples that understand, with all that is happening and changing, there is only “One Thing” that is necessary.

## KEY POINTS

1. There Is Nothing Like Having Jesus In Your Home
2. Don't Take This Time With Jesus For Granted
3. Don't Be A Distracted Disciple
4. Focus On The One Thing That Is Needed

# LIVING IN FELLOWSHIP

Part of BGC's vision is to strengthen relationships with others. This may include relationships within families, between roommates, individuals you work with, or your neighbors. We encourage you to gather your family and friends to participate in this activity to live in fellowship while diving into the word.

## A Routine Inventory

This week, we invite you to reflect, regroup, and refocus together as you take the time to take an inventory of the routines that shape your daily, weekly, and monthly schedules. At a time where we are experiencing a disruption to our typical activities, God may be asking us to take another look at how we spend our time. *Supplies needed: paper, pen/pencil*

## **Reflection Time** (10 minutes)

Reflect on how you spend your time during the week. Develop a list of the routines that shape your day-to-day. These routines may include meals, travel time to/from work or school, volunteer activities, screen time and so much more. Add these routines to your list as a family or individually. Perhaps you are also thinking of your routines that existed prior to the recent disruption. Once you have listed as many routines as you can, assign the amount of time you spend in that routine on a daily or weekly basis.

## **Regroup** (10 minutes)

Review the routines you have listed individually or as a group. Discuss the following questions:

1. Where do you spend most of your time?
2. If your typical schedule of routines unveiled what was most important in your lives, what would that be?
3. In what ways are you centering God in your routines?  
Where does God take centerstage? Where is God less in focus?

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## ***Refocus*** (10 minutes)

In a time where much of our typical routines have been disrupted, God has provided us an opportunity to adjust where and how our time is spent on a daily or weekly basis. Figuratively, wipe your slate of routines clean. There is always room to strengthen our relationships with God. Together, develop a list of routines that intentionally reflects the "Mary posture" and provides more opportunities for you to commune with God.

## ***Prayer***

Praise God for unveiling purpose in uncertain times. Admit that there is room for growth in intentionally communing with God in your routines. Thank God for this opportunity to "be still" and refocus on Him. Ask God for the perseverance to create new habits that prioritize Him.

# LET'S GO DEEPER

## Conversation Starters

We encourage you to go even deeper in conversation this week by using these conversation starters to spark faith-filled conversation with your family, friends, coworkers, neighbors, or anyone else that you are lead to converse with.

1. How have you experienced Jesus in your home this week?
2. What is the most difficult thing about being still?
3. In what ways have you been a distracted disciple?
4. How can you use this time of stillness to grow in your relationship with Jesus?
5. Why do you think it's important to invite Jesus into your home?

# LIVE IT OUT

## Live It Out Challenge

Our hope is that our BGC family will challenge themselves to witness, apply, and grow beyond the time we spend together in corporate worship. Invite your friends and family to join in taking on this challenge with you. Before Sunday, we encourage you to connect with your friends/family and share your success of completing the challenge!

1. Repurpose a daily routine to intentionally center God.
2. Journal at least three ways you experienced God in your home.
3. Share your takeaways from a personal devotion in a casual conversation with a friend/family member.

## On Your Own

What do you value most? What is your priority? That thing that comes before everything else. Is it God? Family? Friends? Fame? Wealth? Clout? During the next four days explore what you value most and discover how the spiritual disciplines of fasting and worship work together to help us keep first things first.

### Make Room Devotional

<https://bible.com/reading-plans/17169/day/1?segment=0>



# STAY CONNECTED

## **Worship Online**

8am 10am & 12:15pm

## **Daily Prayer Call**

6am & 6pm

515.604.9094

696.876.079

## **Family Life Group Online**

Wednesday @ 7pm

## **Need Support?**

[life@baptistgrovechurch.org](mailto:life@baptistgrovechurch.org)

Text BGCUPDATES To 555888

