



## **FIRST WEDNESDAY: The Cure for Holiday Stress**

December 6, 2023 | Pastor Kirk Walters

Mount Paran North

<sup>38</sup> As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. <sup>39</sup> Her sister, Mary, sat at the Lord's feet, listening to what he taught. <sup>40</sup> But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." <sup>41</sup> But the Lord said to her, "My dear Martha, you are worried and upset over all these details! <sup>42</sup> There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

**Luke 10:38-42 NLT**

### **Holiday stress is caused by 2 things:**

#### **Worrying about what needs to be done.**

<sup>38</sup> As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. <sup>39</sup> Her sister, Mary, sat at the Lord's feet, listening to what he taught. <sup>40</sup> But Martha was distracted by the big dinner she was preparing.

**Luke 10:38-40a NLT**

#### **Worrying about what other people are doing.**

<sup>40</sup> She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."

**Luke 10:40b NLT**

### **The cure for holiday stress is to simply focus on Jesus.**

<sup>41</sup> But the Lord said to her, "My dear Martha, you are worried and upset over all these details!

<sup>42</sup> There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

**Luke 10:41-42 NLT**