

Message Notes for Sunday December 3, 2017

“The Martha Complex: Overcoming Holiday Burnout” Luke 10:38-42

The Christmas season is often called the “happiest time of the year.” Yet for many, it’s a very stressful time. Busy schedules, financial pressures, extra duties such as cooking, cleaning, etc., family conflicts and more, often lead to ‘holiday burnout.’

In Luke 10, Martha, sister to Lazarus and Mary, was entertaining Jesus and His disciples for a meal—and she was feeling stress. Let’s consider Martha’s problems, then Jesus’ perspectives, to see what we can learn that will help us with the stresses of the Season..

- I. Martha’s problems (38-40)
 - a. She wanted to be in control
 - b. She was competitive
 - c. She was task-oriented
 - d. She was an advice-giver
 - e. She struggled with anger
 - f. She felt anxiety and inner turmoil
 - g. Her priorities were out of focus

- II. Jesus’ perspectives
 - a. “Martha, you’re not paying attention to me”
 - b. “Martha, you have too many irons in the fire”
 - c. “Martha, you’re neglecting what matters most and is best!”