

Caught Up in the Cares of the World



El Shaddai Ministries~Eshet Chayil

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Tina Fallstead

Luke 10:38-42 It happened as they went on their way, he entered into a certain village, and a certain woman named Marta received him into her house. She had a sister called Miryam, who also sat at Yeshua's feet, and heard his word. But Marta was **distracted** with much serving, and she came up to him, and said, "Lord, don't you care that my sister left me to serve alone? Ask her therefore to help me." Yeshua answered her, "Marta, Marta, you are **anxious** and troubled about many things, but one thing is needed. Miryam has chosen the good part (better portion), which will not be taken away from her."

Distracted

G4049 περισπάω perispaō (per-ee-spah'-o)

To be driven about mentally, to be distracted, to be over-occupied, too busy, about a thing, to drag all around

Anxious

G3309 μέριμνα merimnaō (me-rēm-nā'-ō) to be anxious about:—(be, have) care(-ful), take thought. To seek to promote one's interests.

Psalms 55:22 Cast your burdens on the LORD and He will sustain you. He will never allow the righteous to be moved.

Cast

H7993 shalak (shaw-lak) שָׁלַךְ verb

To throw down, out or away (literally or figuratively)- adventure, cast (away, down, forth, off, out) hurl, pluck throw.

Points to Ponder:

1. What things in your life distract you from 'choosing the better portion'?
2. How can tell that you have become 'drawn away'? What are the symptoms?
3. Have you or those close to you noticed you exhibiting any of the symptoms of long term stress/anxiety that we discussed?
4. Are there practical ways that you could avoid being 'drawn away' in the future? What do those preventative measures look like?

Please join us on our FB page next week to discuss these questions.

<https://www.facebook.com/ElShaddaiWomen/>

