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USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

**Message Recap:** We are being distracted to death. But we don't have to be. Jesus reminds us that we always have a choice and can choose what is better in order to live a life full of joy, peace, and love.

### » Main Points

- The Soul Equation:
  - Evaluate priorities + Eliminate distractions = Experience more love, joy, and peace
- What you pay attention to is what you are devoted to.
- A distracted life just leads to disordered priorities.
- Priorities aren't about right or wrong. They're about better and best.

### » Observation

- Read and reflect on Luke 10:38-42
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

### » Discussion Questions

- What is the one app on your phone that distracts you the most?
- If our attention is an indicator of our devotion, then what are you currently devoted to?
- In what area of your life do you wish you could be more present and more mindful?
- In Luke 10:38-42, we see Mary and Martha experience the same moment very differently. Which do you identify with more?
- Priorities aren't about right or wrong. They are about better and best. What is one **good** thing that has become a distraction from something **better**?

### » Next Steps and Prayer

- Over the next week, spend some time reflecting on these questions:
  - How do you **start** your day?
  - What can **only** you do?
  - Where can you choose **better**?
  - What are you **distracted from** that you should be **devoted to**?
- Find time this week to prayerfully consider the Soul Equation and the areas of your life where you can apply it to experience better or best rather than living distracted.

“You are worried and upset about many things,  
But few things are needed - or indeed only one.”

- Luke 10:41-42 -