

“The Nutrients of Relationships”

You, Me, Us Sermon Series | Week Two | Newbreak Church

August 8th, 2021

This week looks closer at some key ways that we can nourish others through relationships.

For more insights relating to this week’s sermon, see <https://newbreak.church/blog/>. We post a new blog every Friday which coincides with the sermon passage or theme from that day.

Start Here

- What is your favorite thing to do at the beach? Swim? Lounge? Play sports? Read?
- Who is someone that nourishes you, relationally? Why that person? After sharing this, text the person and thank them for their friendship!

Going Deeper Into the Message

Read: Luke 10:38-42

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Point 1 – Help others feel fully seen.

Martha often gets a bad wrap in the story. But why? If Jesus came over for dinner wouldn’t you make sure a hot meal was prepared, the house clean, and the table set?

We can't knock Martha for her hospitality. Mary, on the other hand, ceased being a helping hand to her sister and [sat at Jesus's feet](#) (something that meant more than we usually think!).

So, what was the difference between the sister's actions? Simply put: Mary saw being with Jesus as superior to doing things for Jesus. Now, let's not make this a contest between alone time with God and service. They both are vital. That's not the point here. And notice how Jesus responds. In a sense, Jesus validates and makes both women feel seen. Jesus does reveal that "[Mary has chosen what is better](#)" (Luke 10:42).

What's the lesson here? Jesus acknowledges our striving (Martha), but He calls us to prioritize being with Him (Mary). **And in both cases, Jesus makes us feel seen.** How can we pass that on to others?

P.S. There is more going on in the story that the cultural context sheds light on. Want to dig deeper and see what that is? Visit the [Newbreak blog post](#) on this passage: newbreak.church/cultural-context/

Questions for Group Discussion or Personal Reflection

- When was the last time you felt "seen"? Describe the situation and how it felt. What is the value in being seen?
- What are some ways to help friends or family in our circles feel seen?
- How does Jesus's life give us an example of making others feel seen?

Point 2 – Commit to constantly build others up.

[So encourage each other and build each other up, just as you are already doing. \(1 Thessalonians 5:11, NLT\)](#)

Our constant hope is in the finished work of Jesus Christ. We know this life is hard. We struggle, face hardship, loss and pandemics. As Christ followers, this should not diminish our hope for our future. One day all will be perfect. All will be made right. All will be as it should be. However, while waiting for that hope, we can become discouraged. That's why we have each other to build each other up, to lift each other up, to strengthen each other.

In the midst of our suffering, it's hard for us to see the light at the end of the tunnel. That's when we're most in need of those wonderful people in our lives who will encourage us, reminding us that this too shall pass. That's why we need to be that encouraging person for others, too. When we try to do life alone, when we think we are strong enough to do it ourselves, we set ourselves up for failure.

This is why Paul teaches the Body in the above passage to encourage and build one another up. He recognized the importance and value of the words that we speak and the way that we listen to others in an empathetic manner.

Questions for Group Discussion or Personal Reflection

- What are some different ways I can build others up at work or at home this week? Does this come naturally, or do I need to work at it?
- When was the last time someone gave me encouragement? What did it look like?
- Do you agree or disagree with the statement: "Our culture is starved of encouragement"? Why or why not?

Point 3 – Practice sharing perspective.

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. (Ephesians 4:15, NIV)

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold." - Leo Tolstoy

God uses similar situations in our lives to mature, strengthen, and refine us. When we have the ability to know someone and be known by someone, we can learn from their mistakes and circumstances, and they can learn from ours. If I have the opportunity to learn from another person, I don't have to spend time making the mistakes they have already made. I can grow in that area by listening and taking on their wisdom. Then I can grow more through new situations and new circumstances, becoming even more refined, stronger and wiser.

Jesus wants our first step towards learning to be listening, listening to Him, listening to the Spirit, and listening to others who have the gift of wisdom and discernment. When listening doesn't work to move us toward His goal for us, that's when He employs other tactics, like natural consequences. He would love it if we learned everything we needed to know just by listening, but oftentimes we don't. We learn by experiencing; experiencing pain, hurt, sorrow, frustration and regret.

But all of these lessons can have dual utility. They can teach us, refine us and strengthen us, and then we can use all of that knowledge to help others. In order to do this, we need to build relationships built on trust, mutual respect and love. **I may have the best advice in the world to give someone, but they will never be able to receive it if they don't feel like I love them and truly want the best for them.** I have to do the work in building that relationship before I can offer my perspective in any area of someone else's life.

Questions for Group Discussion or Personal Reflection

- How can your perspective help someone who is struggling this week? How have you been helped by someone sharing his/her perspective with you?
- According to the passage above, why is speaking truth "in love" so important to our faith? What does it look like when we speak truth without love?
- What trait of Jesus do you need to work on to be more effective in sharing your perspective, i.e. love, patience, gentleness, compassion?

—FINAL CHALLENGE QUESTIONS—

How are you going to think differently in light of what you have read, heard, and discussed this week?

What is one thing you are going to change in your life in light of the sermon?

BONUS: For those of you with kids or around kids: What is one truth from this message that you can share with your kids?