



Be Before You Do

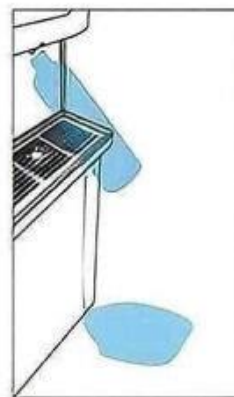
Emotionally Healthy Discipleship 3

Luke 10:38-42

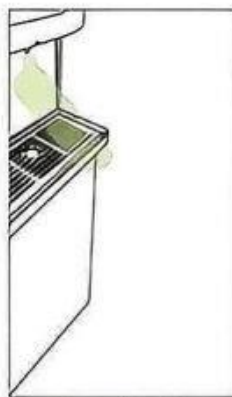
Pastor Ken Tang-Quan

Palos Verdes Baptist Church

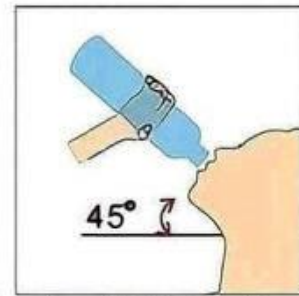
August 8, 2021



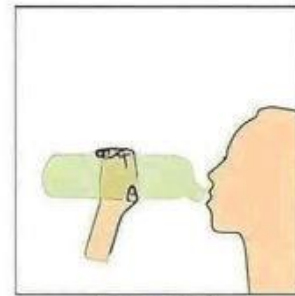
Normal PET water bottle



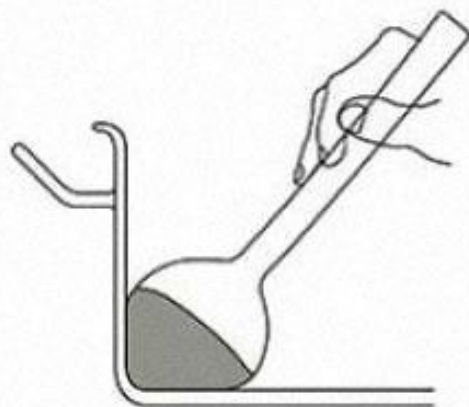
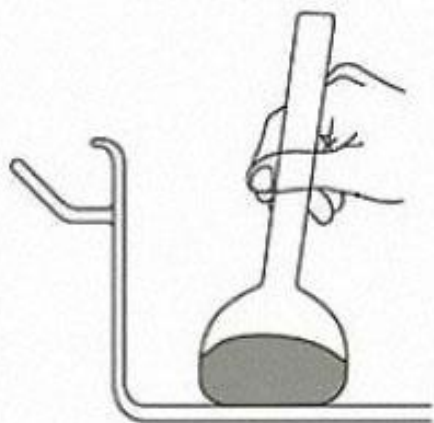
Easy Drink



Normal PET water bottle



Easy Drink





Place hands under
faucet to start
water flow

Engage soap
dispenser
before
turning on water

MACINTAC ISLAND
McLean
By Gary Burtch

USA

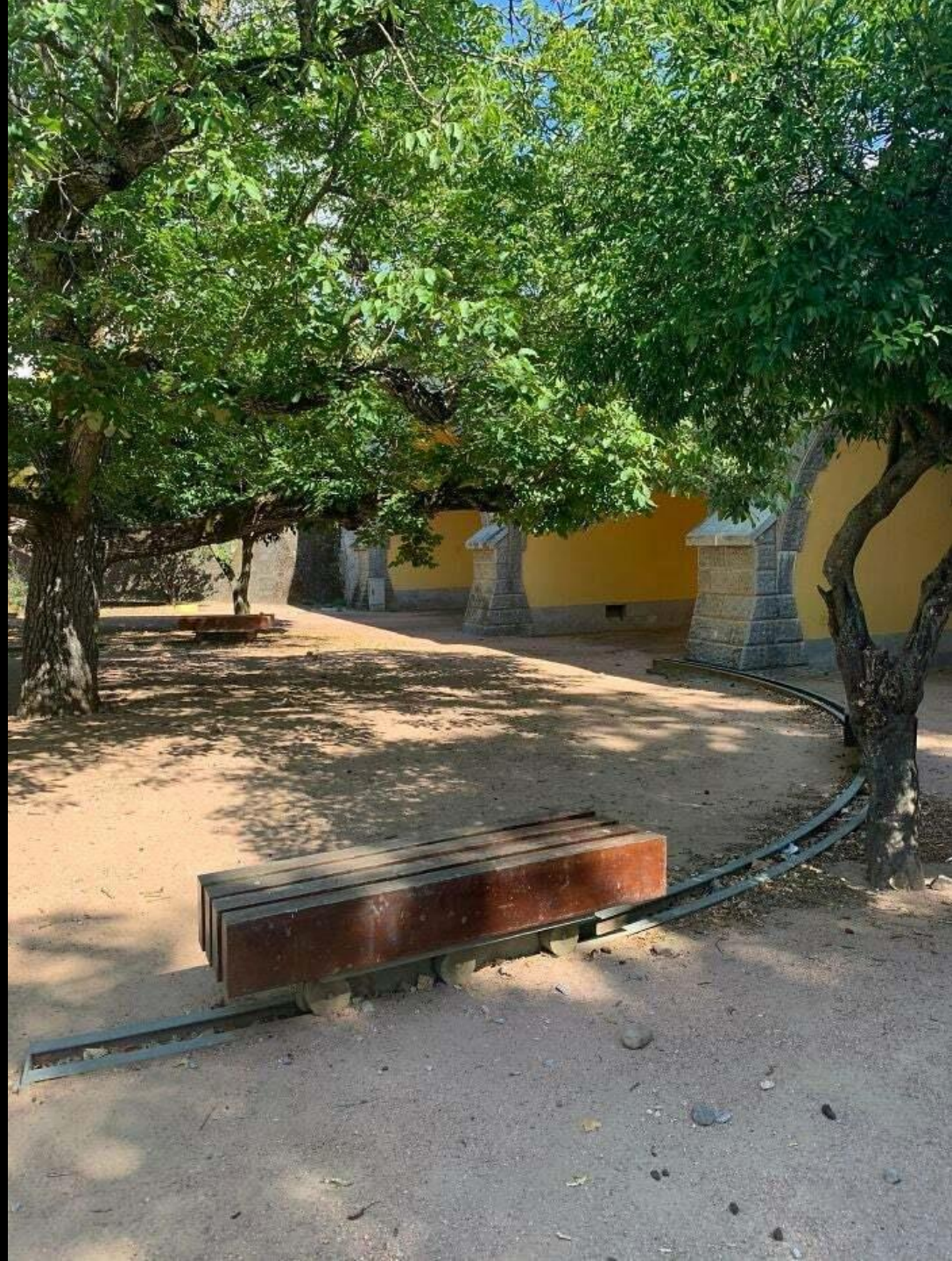
1000
PC PUZZLE

WHITE MOUNTAIN

BOX STAND
support de boîte - soporte caja



Glue your puzzle



Luke 10:38-40 (ESV)

³⁸Now as they went on their way, Jesus entered a village. And a woman named **Martha welcomed** him into her house. ³⁹And she had a sister called **Mary**, who **sat** at the Lord's feet and **listened** to his teaching. ⁴⁰But Martha was **distracted with much serving**. And she went up to him and said, "Lord, **do you not care** that my sister has left me to serve alone? Tell her then to help me."

Luke 10:41-42 (ESV)

⁴¹But the Lord answered her, “Martha, Martha, you are **anxious and troubled** about many things, ⁴²but **one thing is necessary**. Mary has **chosen the good portion**, which will not be taken away from her.”



Be Before You Do

1. Doing-for over Being-with

- Starts with **Anxiety**
 - “... **distracted** with much serving.” (v.40a)
- Segues into **Assumption**
 - “... she went up to him and said, ‘Lord, **do you not care...**’ (v.40b)
- Spreads to **Accusation**
 - “... my sister has **left me to serve alone ...**” (v.40c)
- Sinks to **Admonition**
 - “... **Tell her** then to help me.” (v.40d)

Be Before You Do

1. Doing-for over Being-with

- “...you are *anxious and troubled* about many things...” (v.41)
 - Focused on **Project**
 - Focused on **Problem**
 - Focused on **Performance**

Be Before You Do

2. Being-with over Doing-for

- “... *one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.*” (v.42)

“Doing-for” Martha

- opened her **home** to Jesus
- centered on **welcoming** Jesus
- desired Jesus’ **praise**

“Being-with” Mary

- opened her **heart** to Jesus
- centered on **wanting** Jesus
- desired Jesus’ **presence**

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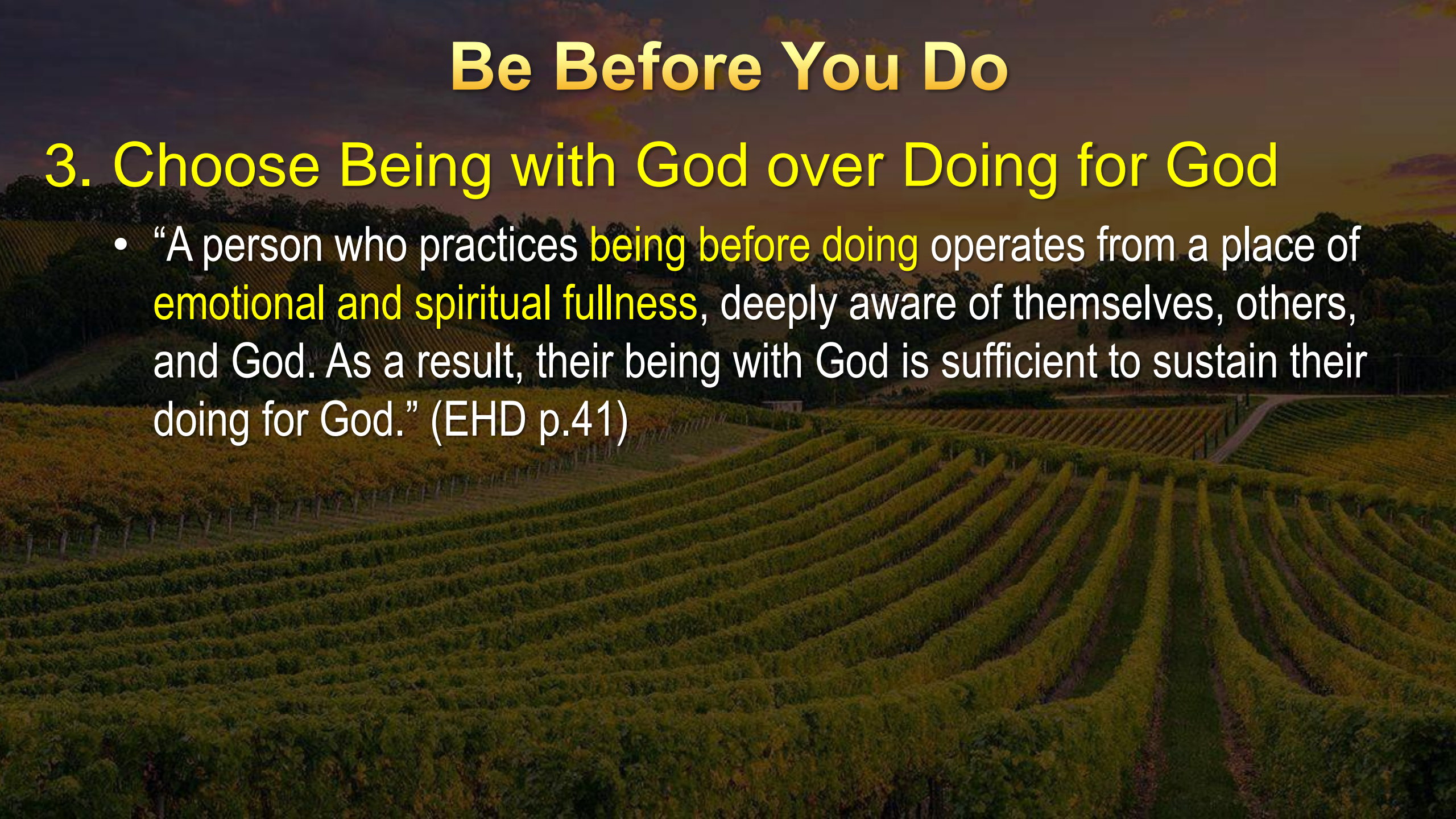
3. Choose Being with God over Doing for God

- “... Mary has *chosen the good portion*, which will not be taken away from her.” (v.42)
 - Focus on **Person** over Project
 - Focus on **Privilege** over Problem
 - Focus on **Presence** over Performance

Be Before You Do

3. Choose Being with God over Doing for God

- “A person who practices **being before doing** operates from a place of **emotional and spiritual fullness**, deeply aware of themselves, others, and God. As a result, their being with God is sufficient to sustain their doing for God.” (EHD p.41)



Be Before You Do

3. Choose Being with God over Doing for God

- “Healthy Christian disciples and leaders are those who consistently live from this emotional and spiritual fullness, and it impacts every aspect of their lives. Emotional fullness is manifested primarily by a **high level of awareness**—of their feelings, their weaknesses and limits, how their past impacts their present, and how others experience them. They have the capacity to enter into the feelings and perspectives of others. And they carry these maturities with them into everything they do.” (EHD p.41)

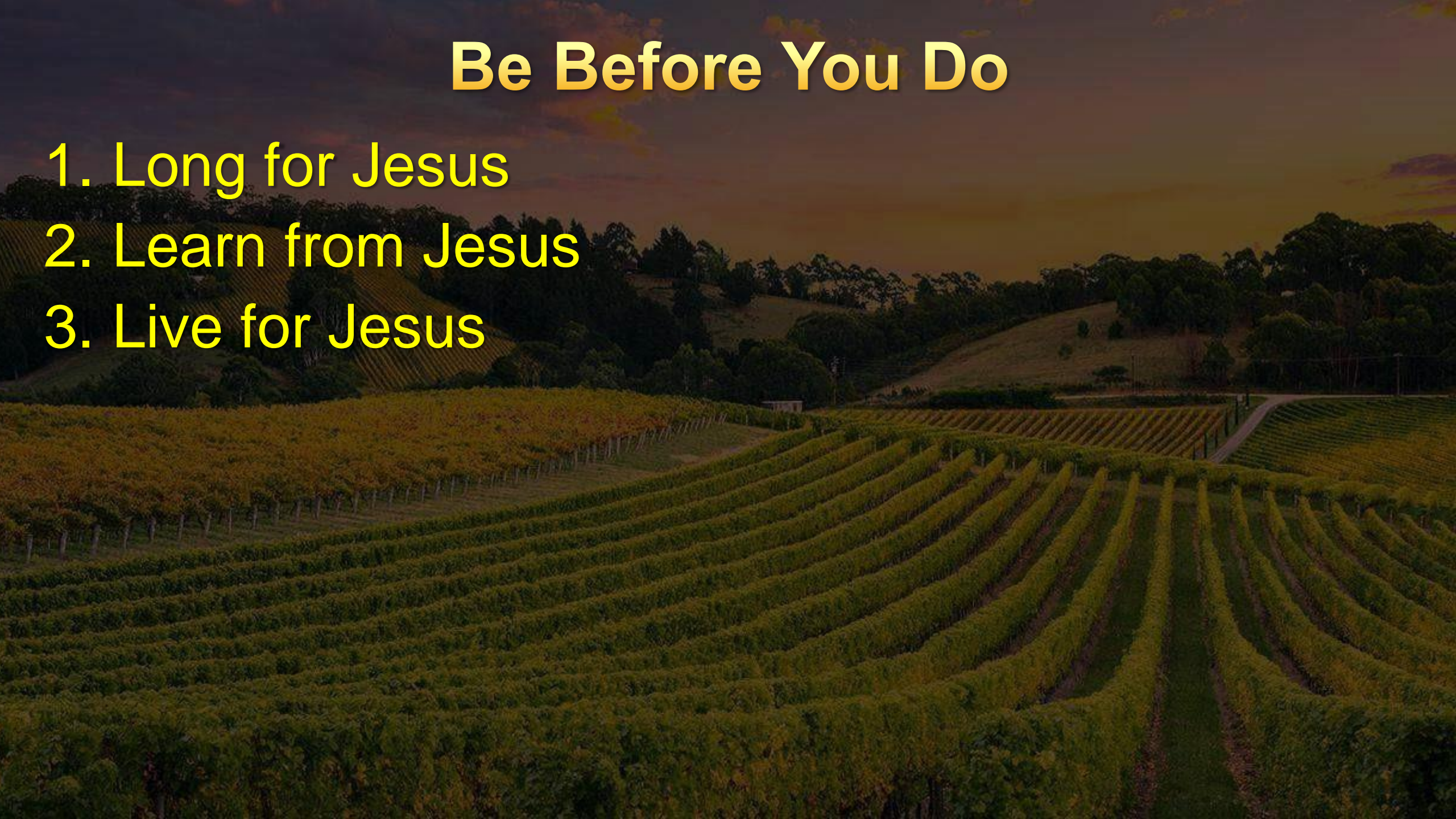
Be Before You Do

3. Choose Being with God over Doing for God

- “Spiritual fullness reveals itself in a **healthy balance** between their being with God and their doing for God. They are careful not to engage in more activities than their spiritual, physical, and emotional reserves can sustain. They **receive from God more than they do for him**. They **enjoy the Jesus they share with others**. They establish regular and sustainable rhythms that make it possible to handle the demands and pressures of leadership. Their cup with God is full, not empty, because they are consistently **receiving the love they offer to others**. And when their lives begin to feel depleted, they have the ability to pivot and adjust their schedules.” (EHD p.41)

Be Before You Do

1. Long for Jesus
2. Learn from Jesus
3. Live for Jesus



Discussion Questions

1. What tends to be your sequence of spiraling negative emotions when your “doing-for” supersedes your “being-with”?
2. What are the main obstacles to your spending more time “sitting at the feet” of Jesus?
3. What kind of learner are you – auditory, visual, kinesthetic ...? What new thing or additional step might you take to increase your learning from Jesus?
4. What Scriptures have been most encouraging to you in assuring you of God’s love and goodness towards you?
5. Share about a time you felt close to God. How did it come about? What did you do to prepare and how did you get the most out of that time? Commit to regular times being with God.