

Kailua Christian Church  
Sunday Message  
Sun. February 28, 2021  
Pastor Dale Vallejo-Sanderson

**“Healing, Healthy and Helping”**  
*Vision for a new season*

**Helping**  
*Where we are empowered to help with God  
Rather than just for God*

*Now as they went on their way, He entered a certain village, where a woman named Martha welcomed Him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what He was saying. <sup>40</sup>But Martha was distracted by her many tasks; so she came to Him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' <sup>41</sup>But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; <sup>42</sup>there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'" Luke 10:38-42*

**Jesus empowers me to help With Him when I...**

**I. Focus more on the “Why” of my own choices over the choices of others.**

*“But Martha was distracted by her many tasks;” Luke 10:40a*

- *What is your “Why” for how you live your life? Not sure? Take time this week to write it out, review, edit and refine till it stirs you as being meaningful.*

**Jesus empowers me to help With Him when I...**

**II. Listen and learn from Jesus and others rather than demanding my own way.**

*“...so she came to Him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.'" Luke 10: 40b*

- *What is your challenge in listening and learning? Can you ask Jesus for help and guidance to be less demanding and more teachable?*

**Jesus empowers me to help With Him when I...**

**III. Not allow distractions, disagreements or discouragements to keep me from loving Jesus and others.**

*“But the Lord answered her, ‘Martha, Martha, you are worried and distracted by many things; <sup>42</sup>there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.’” Luke 10:41-42*

- *What can I learn from my distractions, disagreements, and discouragements that I can become less diverted in my deeper hopes and purposes?*