

A kitchen scene with a sink, a white towel, and various kitchen items on a wooden countertop. The scene is dimly lit, with a warm, golden light source from the right. A white towel is draped over the edge of the sink. In the background, there are several kitchen items, including a metal strainer, a wooden-handled tool, and a ceramic container. The overall mood is cozy and domestic.

# STEWING IN THE KITCHEN

LUKE 10:38-42

THE HARVEST IS PLENTIFUL BUT THE WORKERS  
ARE FEW. ASK THE LORD OF THE HARVEST,  
THEREFORE, TO SEND OUT WORKERS INTO  
HIS HARVEST FIELD.

—MATTHEW 9:37-38

NOW THAT I, YOUR LORD AND TEACHER,  
HAVE WASHED YOUR FEET, YOU ALSO  
SHOULD WASH ONE ANOTHER'S FEET.  
I HAVE SET YOU AN EXAMPLE THAT YOU  
SHOULD DO AS I HAVE DONE FOR YOU.

—JOHN 13:14-15

WHATEVER YOU DO, WORK AT IT WITH ALL  
YOUR HEART, AS WORKING FOR THE LORD, NOT FOR  
HUMAN MASTERS, SINCE YOU KNOW THAT YOU WILL  
RECEIVE AN INHERITANCE FROM THE LORD AS A  
REWARD. IT IS THE LORD CHRIST YOU ARE SERVING.

—COLOSSIANS 3:23-24

\* Abide in me.

\* Abide in me.

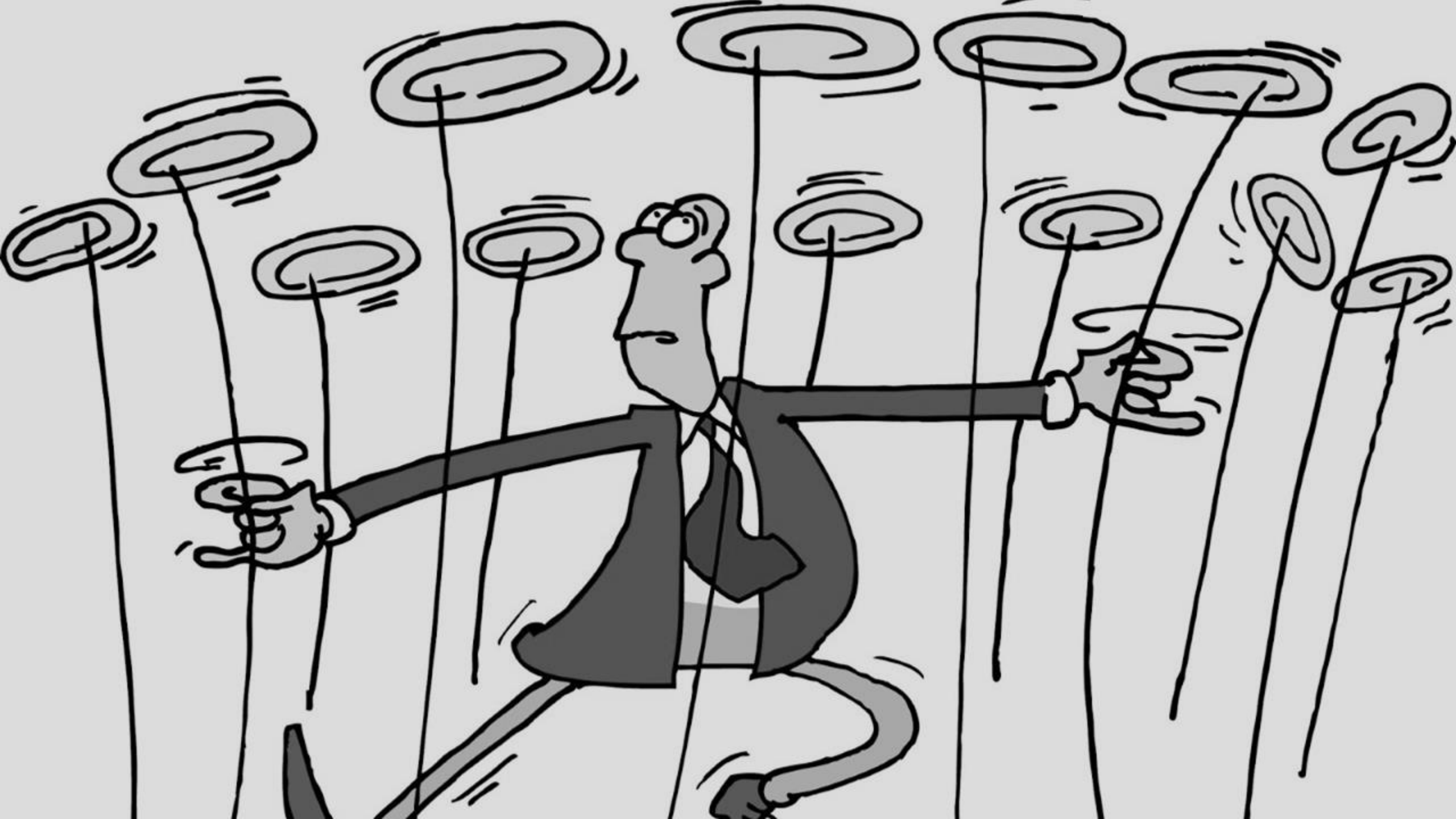
\* Stop trying so hard.

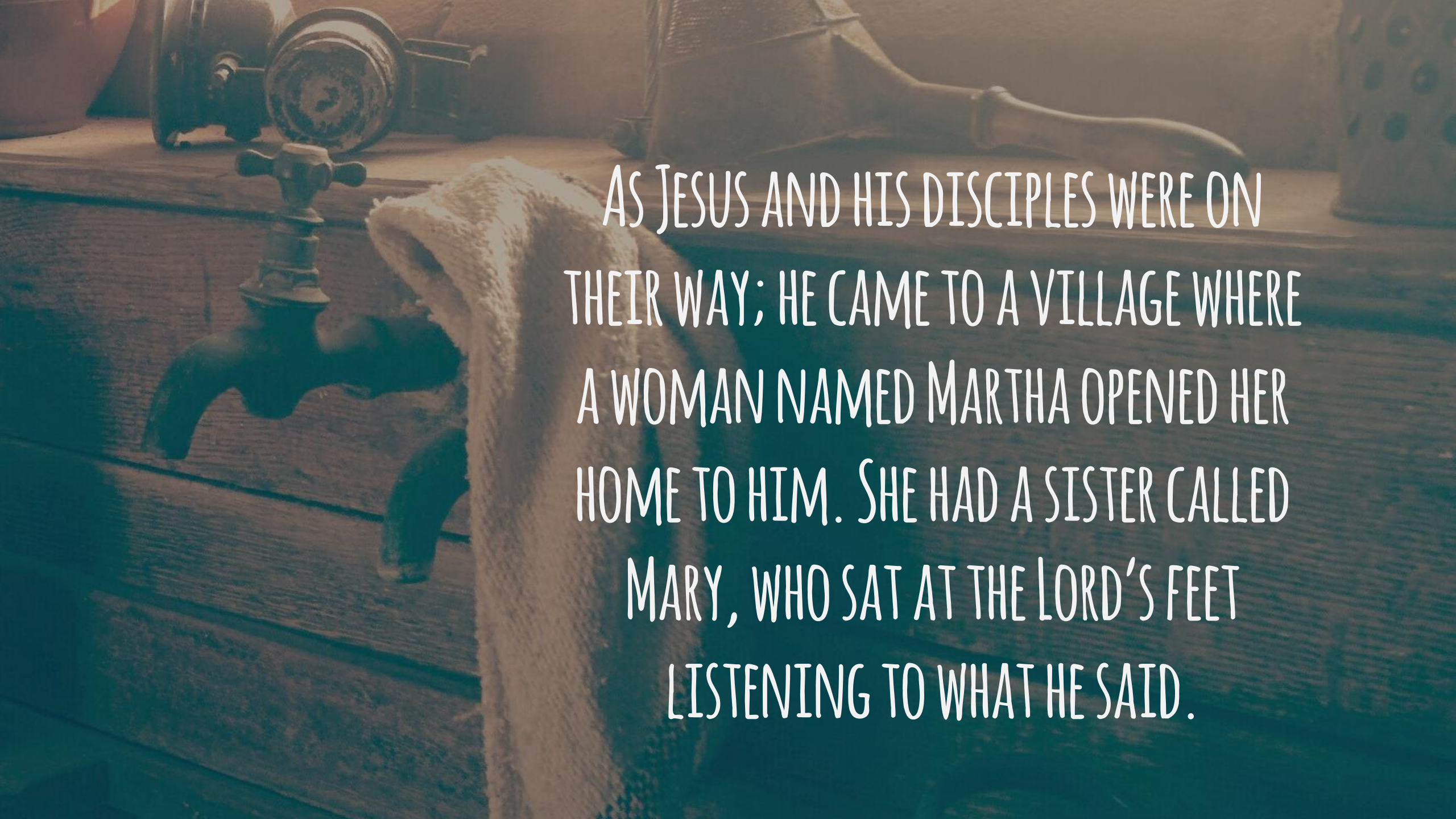


- \* Abide in me.
- \* Stop trying so hard.
- \* Be still and know that I am God.

- \* Abide in me.
- \* Stop trying so hard.
- \* Be still and know that I am God.
- \* A few things done well are better than many things done poorly.

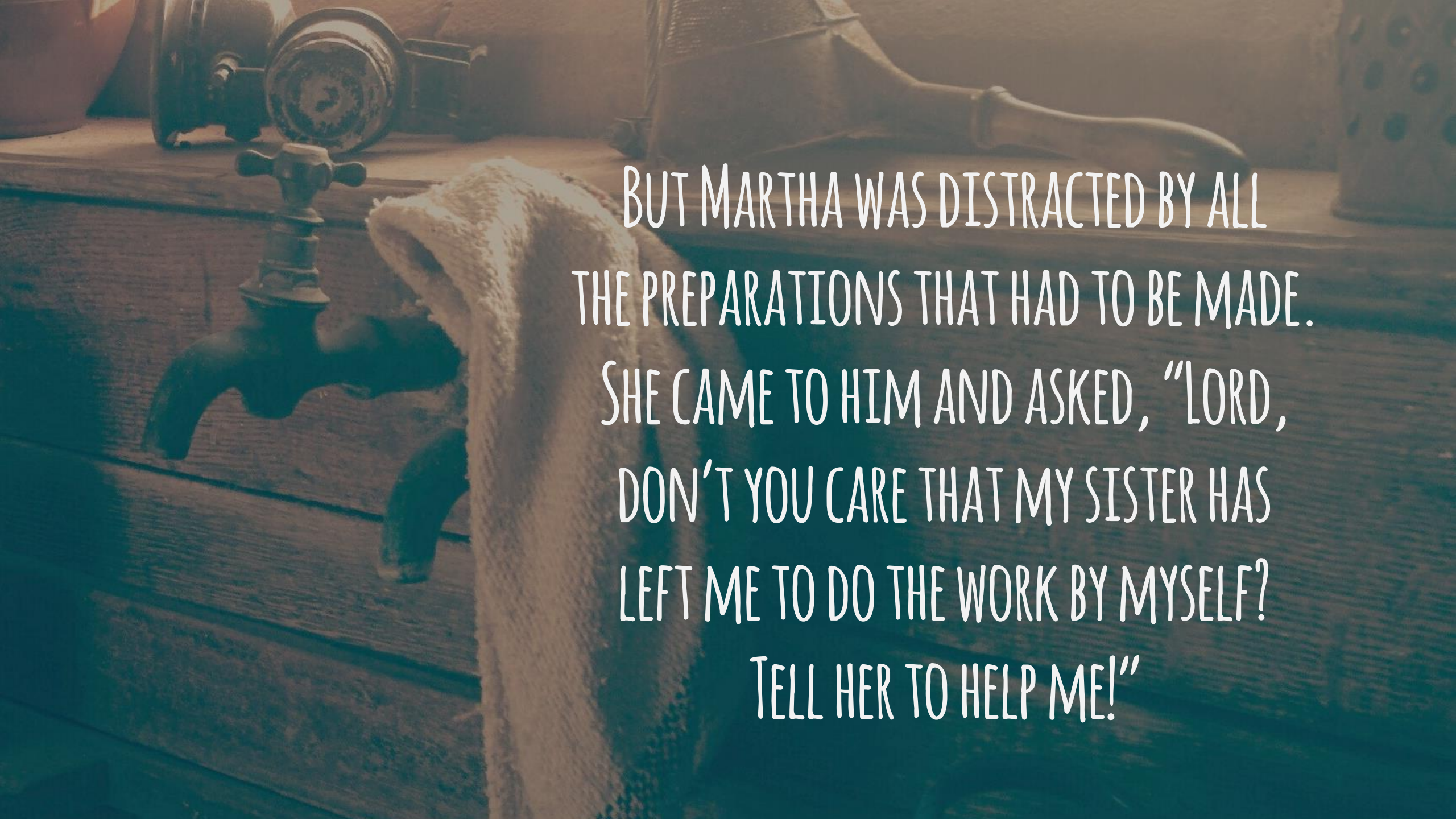




A vintage sewing machine is positioned on a wooden table. A white cloth is draped over the side of the table, partially covering the machine's base. The scene is lit with a warm, golden light, creating a soft, nostalgic atmosphere. The text is overlaid on the right side of the image in a white, hand-drawn font.

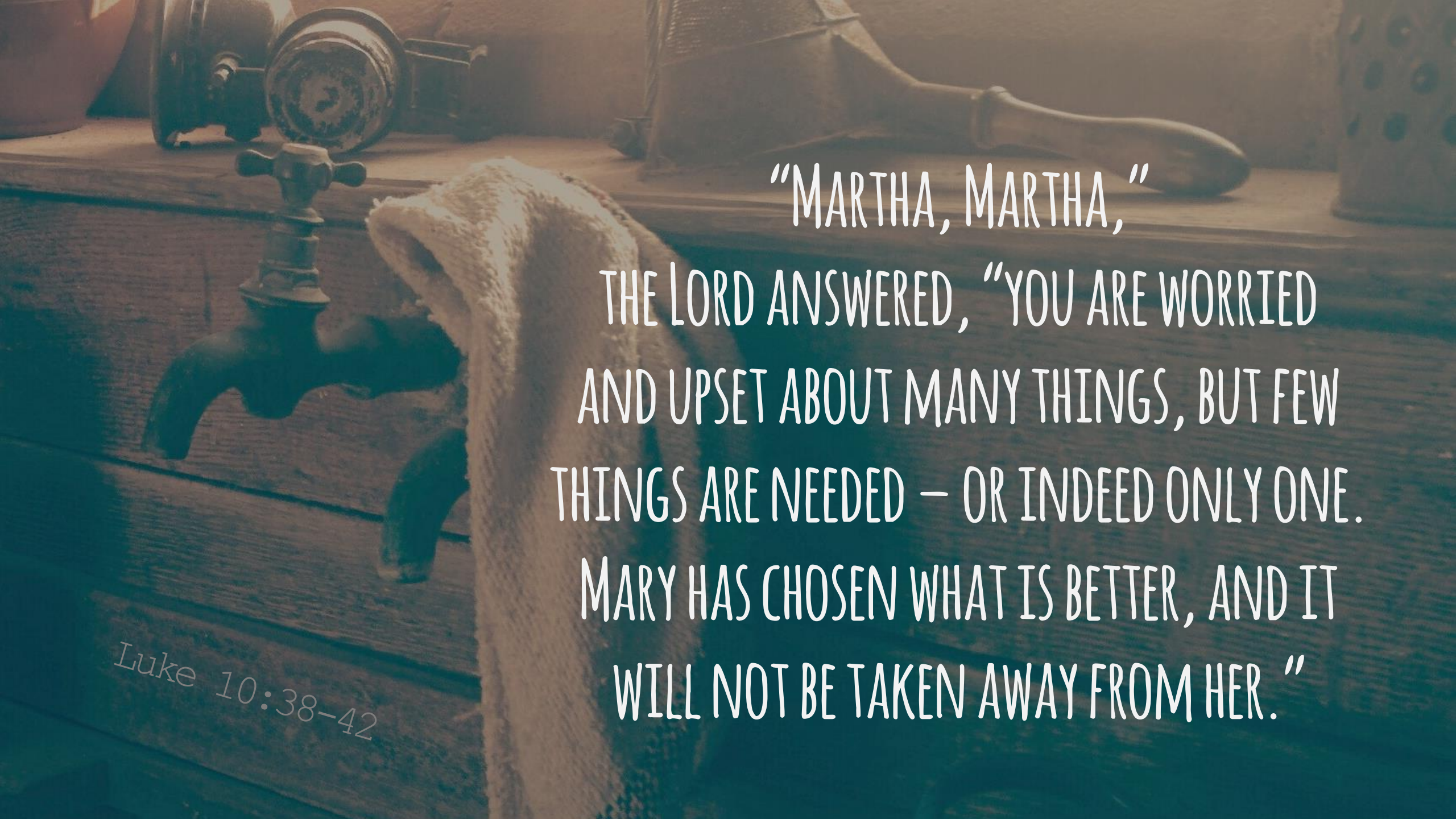
AS JESUS AND HIS DISCIPLES WERE ON  
THEIR WAY; HE CAME TO A VILLAGE WHERE  
A WOMAN NAMED MARTHA OPENED HER  
HOME TO HIM. SHE HAD A SISTER CALLED  
MARY, WHO SAT AT THE LORD'S FEET  
LISTENING TO WHAT HE SAID.



A close-up photograph of a kitchen sink. A white towel is draped over the right side of the sink. The faucet is visible on the left. The background shows a wooden countertop and a metal mesh strainer. The entire image has a semi-transparent teal overlay.

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!"



A vintage sewing machine is positioned on a wooden table. A white cloth is draped over the front of the table, partially covering the machine's base. The scene is lit with a warm, golden light, creating a nostalgic atmosphere. The text is overlaid on the right side of the image in a white, handwritten-style font.

“MARTHA, MARTHA,”  
THE LORD ANSWERED, “YOU ARE WORRIED  
AND UPSET ABOUT MANY THINGS, BUT FEW  
THINGS ARE NEEDED – OR INDEED ONLY ONE.  
MARY HAS CHOSEN WHAT IS BETTER, AND IT  
WILL NOT BE TAKEN AWAY FROM HER.”

Luke 10:38-42





# STEWING IN THE KITCHEN

THE DANGERS  
OF OVER-SERVING



INGREDIENT #1:

Thinking what we do  
is indispensable.



INGREDIENT #2:

Thinking that somehow  
God doesn't care.



# INGREDIENT #3:

Focusing on what  
others are *not* doing  
rather than what  
others are doing.



INGREDIENT #4:

Heavy dose of attempting  
to manipulate God.





"LORD, DON'T YOU CARE THAT MY SISTER  
HAS LEFT ME TO DO THE WORK BY MYSELF?  
TELL HER TO HELP ME!"



“LORD, DON'T YOU CARE THAT MY SISTER  
HAS LEFT ME TO DO THE WORK BY MYSELF?  
TELL HER TO HELP ME!”

SOME THINGS YOU LEARN  
SITTING AT THE FEET OF JESUS . . .

\*I'm Dispensable.

# SOME THINGS YOU LEARN SITTING AT THE FEET OF JESUS . . .

- \* I'm Dispensable.
- \* I'm loved.

SOME THINGS YOU LEARN  
SITTING AT THE FEET OF JESUS . . . .

\*I'm Dispensable.

\*I'm loved.

\*I'm Accountable for Me not You.



# SOME THINGS YOU LEARN SITTING AT THE FEET OF JESUS . . . .

\* I'm Dispensable.

\* I'm loved.

\* I'm Accountable for Me not You.

\* I'm not God.

"It is time to stop and let our  
souls catch up to our bodies."

