

## **One Thing** Luke 10:39-42

We're going to talk a little bit about the rest of God today. Do you remember the story of creation in the Bible? What did God do on the seventh day? He rested. When God was done making the natural creation, He rested. We have been born into that natural creation, but we have been created in Christ to enter into the New Creation, a creation of rest.

First, let me remind you of a verse: "Therefore if anyone be in Christ, He is a new creation. The old is gone, the new is come." So those of us in Christ are a new creation. He is the New Creation that we have become members of.

A review of some types and shadows of rest.

*The next four paragraphs could be skipped if children are not already familiar with these types.*

Do you remember that we learned that the name Noah means rest? The flooding of the whole earth and then the reappearing of the earth again is a picture of the old creation- "gone, the new is come." And Noah is named because "he will give his people rest from their labor." The New Creation is a place of rest.

When God gave rules to the Israelites, after they left Egypt, He provided them with food from heaven, called manna. Each day they were to get only what they needed. But on the sixth day, they were to get enough for two days because on the seventh day they were to do no work. The seventh day, the Sabbath, was for rest.

Then, when the Israelites entered into the Promised Land, the Scriptures say in Joshua 24:13, And I have given you a land for which ye did not labour, and cities which ye built not, and ye dwell in them; of the vineyards and oliveyards which ye planted not do ye eat. The Promised Land was a land of rest. They did not work to receive it.

Are you seeing a pattern? You have God creating in 6 days, and then He rests. You have an old creation destroyed, and then a new one appears and those who enter it are members of the family of 'Rest'- Noah. You have Israel gathering food for 6 days, and then they are to rest. You have slave labor in Egypt, and then you have rest. All of these are pictures God made to show us the True, Spiritual Rest.

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What do you think the opposite of rest is? Have you ever wanted to rest but couldn't? What can keep you from rest- just naturally? Work, fear, worry, chores, stress, coffee... All of those are reasons we might not be able to rest. Spiritually, what do you think might keep you from resting and trusting in Him? Fear, worry, thinking God wants you to 'look busy'... I think most of those things are a result of looking in the earth; focusing on things in the earth. I want to read you a little story from the Bible about two sisters, Mary and Martha.

*This is a short, simple passage to act out, with three players. I read it to them first, then chose the actors and let them act it out a few times.*

Luke 10:39-42

- 38 ¶ Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house.
- 39 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word.
- 40 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me.
- 41 And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things:
- 42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

Martha invites Jesus into her house, and suddenly she is fretting about how clean her house is, busy making food, trying to serve Jesus, and she has lost her peace. So she says to Jesus, “Don’t you care that I’m working so hard and Mary is just sitting there?” You see, Martha is seeing the natural things around her. Her focus is in the earth and the doing of things FOR Jesus, or maybe even just trying to fix what she thinks is a problem. Does Jesus tell Mary to get busy? No. He says that Mary has chosen the one thing that is needful. And what is that? What is the one thing, as Christians that we are to do? Mary sat at his feet and listened to His Word.

Sounds restful, don’t you think? Turn and hear. There may be a response to turning and hearing. You may end up doing something. But that part becomes an automatic outflow of hearing and seeing Him. It is a very different thing than what Martha did. She did not take the time to turn and listen. She went straight-way to trying to fix things, and she was troubled and burdened by it. It was a heavy-load. Jesus says, “All you who are weary and heavy-laden, come to Me and find rest.” You may be weary from doing, or feeling like you are supposed to do something but just don’t know what. Or you may also be weary from fear and worry. His promise is the same. Sit at His feet and listen to His Word and find rest.

Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*: because he trusteth in thee. Isaiah 26:3

Follow-up Activity:

If kids did not act out the passage in Luke earlier, you may have them do it now.

Or ask children to illustrate the passage and title the picture “One Thing.” Review that the one thing God desires is for us to listen to His Word and rest in Him.

Song

(This is a song we learned during Summer Conference 2012, but I have added another verse)

When I hear, hear, hear, and turn to see, see, see  
He will appear, -pear, -pear Jesus in me, me, me

Vs.1

To those who look, He will appear  
Apart from sin, Unto salvation  
Lord help me hear, Your voice and turn  
To see you in Your holy Word

Vs.2

When I am anxious or afraid  
I can turn, and you are the—re  
Lord help me sit, And hear Your Word  
Turn my heart To You alone