

Series Title: **'Satisfied: What does it take for you?'**  
Message Title: **'Sustaining a Satisfied Soul'**  
Scripture Source: **Luke 10:38-42; Matthew 11:28-30**  
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### **A Yearning Defined**

What does Jesus yearn for you to experience? A life changing and life sustaining relationship with Him. Jesus makes staggering assertions about what He...and only he can bring to any human life. Including yours, because you matter to Him.

"I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." John 6:35. This potent claim was made in response to spiritual hunger being honestly expressed. But, let's keep listening to Jesus... "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12...again spoken in the context of human suffering, confusion, and brokenness. One more startling offer. "I have come that they may have life, and have it to the full." John 10:10 These words are spoken in contrast to the destructive agenda of Satan.

Jesus offers forgiveness of sins, the hope of a new heaven and new earth, an inner power to grow and mature as the person God intended us to be. Jesus offers us an indestructible relationship with himself, a relationship rooted in his love, truth, grace, and power.

Yet, why is the intention and yearning of Jesus so inconsistently experienced by so many of us? I think one dominant reason is this...neglect. We neglect Jesus on a relational level. We may believe all sorts of things about him, without really cultivating a relationship...even a friendship with him. And we miss out on what the relationship could mean to us...and Jesus. Because not only are we relational beings, so is Jesus.

### **Neglected**

"to pay no attention to or little attention to; disregard or slight, to be remiss in the care or treatment of." Relationships require attention and care. Relational neglect is behind so many strained or broken marriages, awkward or toxic family situations, and unhealthy friendships. Neglect can be a killer.

Why would that be any different in our relationship with Jesus? Listen to the heart cry of God over relational neglect. Jeremiah 2:13-19. It is all about relationship with God. And when He is marginalised, He feels it acutely. As does Jesus, 'God with the skin on.'

### **Invited**

Jesus invites us to be in a 'real time' relationship with Him. "Come, follow me..." And this 'standing invite' recorded in Matthew 11:28-30. This is the language of relationship. The ongoing question to be grappled with and answered is this, 'will I come to Jesus?'

Why do I want to come to Jesus? \_\_\_\_\_

What holds me back? \_\_\_\_\_

### **Sustaining Choices: Luke 10:38-42**

Let's take a close look at an instructive circumstance and encounter involving Jesus and two close friends. As we do...which woman do you most easily identify with? What is Jesus saying...and not saying? What instructions and encouragement can you take from this incident and weave into the fabric of your relationship with Jesus?

Scene 1: Luke 10:38 - Jesus is warmly welcomed into the home of Martha and Mary. A relationship was already in place. This is important to note. They shared history and warmth of connection was clearly being appreciated and enjoyed by all, including Jesus.

Scene 2: Luke 10:39 – Mary pulls away from the activities and preparations to simply be with Jesus. A choice was made. She stopped what she was doing to be in conversation with Jesus. “who sat at the Lord’s feet listening to what he said.” I wonder what they talked about. You can be sure that it was real life and of genuine value to both of them.

Scene 3: Luke 10:40 – Martha is really ticked off...at her sister and Jesus. She barges in and vents. She doesn’t ‘get’ why Jesus is not sending Mary back into the kitchen. Annoyance stains her words. I wonder how Mary felt...I bet vulnerable...waiting to see what Jesus would do and say.

Scene 4: Luke 10:41-42 – Jesus engaged gently and firmly with Martha and reassures Mary that she has made a wise choice. Affection warms the direct words spoken to Martha. ‘Martha, you are all worked about ‘stuff’ and activity. Your head is spinning and your heart is racing. You can’t focus on what really matters. Mary ‘gets it’ my dear Martha...cultivating our relationship is the most important thing. Everything flows out of our relationship.’

### **You, Me, and Jesus**

So, what can you take from this story? First of all, Jesus yearns to be in relationship with you. That is why he showed up...to provide the basis for a personal relationship with God, through faith in Him, as Saviour. He died as a sacrifice for our sins, so that we could be restored to relationship. John 1:12; 1 Peter 2:24-25. Have you asked him to forgive you of your sins and guide your life?

Second, relationships require cultivation, including with Jesus. It doesn’t just happen. What does this cultivation look like?

1. Taking time away from the action and noise, and being with Jesus. Reading His words, (including good supplemental resources) reflecting upon them, being open and honest with him about life, including the raw realities of yours. Illustrate: 15 minutes a day, away from the action to some meaningful degree. ‘Table time’ with Jesus. Where could that happen consistently in the flow of your everyday life? Please think carefully about this, because neglect can happen so easily.

2. Being honest about the ‘tyranny of the urgent’ and working to keep things in perspective. Experimenting with times and places, without guilt. Being specific about why time with Jesus can be a really hard experience. Why is it hard for you? \_\_\_\_\_

3. Remembering that Jesus modeled ‘table time’ with the Father...he practiced what he honoured in Mary’s life. Read the Gospel of Luke and see how often he pulled away from the action, to simply be with his Father.

4. Ask for some guidance and insights going forward, we would love to share our insights and learnings with you, for what they are worth!

### **What is Gained**

Reassurance that we matter. Perspective on what and who matters. Insight for decision making. Hope in uncertain times. Courage to face tough realities. Comfort for heart breaks. Warnings when we are drifting. What would you say is gained? \_\_\_\_\_ A great section of insight: 2 Timothy 4:16-18

What do you think Jesus would say? Being loved and trusted means a lot to him. Zephaniah 3:17 He gains joy and contentment. He gains warmth of relationship.

### **The Table is Set: Revelation 3:20**

Do you feel the yearning in his voice? The most important ‘thing’ we do, is who we are, in relationship with Jesus. And out of that relationship, we are enabled to love others with increasing wisdom, heart, and skill; we are enabled to be in the ‘arena of life’ with purpose and resilience; we are enabled to ‘turn the page’ on events and experiences and move on with hope and direction...with Jesus leading, guiding, and providing along the way.

Let us resolve to reject neglect, and to nurture our relationship with Jesus. One day at a time. Over the next two Sundays we will examine how we can be personally supported and encouraged to cultivate our friendship with Jesus, Sundays and between Sundays.