

**Ron Armstrong • March 28 & 29, 2020**  
**Hope in the Dark: Choose Better Too**

**Luke 10:38** As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> 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!"

<sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

**A. If only we had bells and railroad crossing gates.**

1. Instead of warning signs, we have EMOTIONS. They work pretty well until:
  - a. They dredge up old business and our current perceptions are clouded by PAST pain.
  - b. We become emotionally rigid and become controlled by thoughts, feelings, and behaviors that don't serve us well.
  - c. We are stuck in our house with ...
2. We are not going to try to deny our feelings. Instead, we: (You should put this in your phone notes.)

- a. Name the feeling.
- b. Feel the feeling.
- c. Remind ourselves that feelings are to give us information, not directions.
- d. Allow time for the feeling to pass.
- e. Pray for peace.

**B. Your problems are not ALL in your head.**

1. Jesus acknowledged two problems:
  - a. Martha was worried and upset. Struggling with your feelings is a REAL problem. We can't just dismiss them.
  - b. Mary really WASN'T helping. It was true.
2. I like what Jesus did for Martha. He acknowledged how she felt and then helped her keep perspective.
3. There are three types of problems, and they lie on a spectrum:

Fixed ----- Helped ----- Endured

4. It's okay to "not know" for a while. You can withstand that feeling too.
5. Problems can move on the spectrum over time or become clearer.
6. Being HONEST with what kind of problem you have is the first step to doing your part.

**C. Choosing better.**