

AT HIS FEET

Luke 10:38-42 NIV – 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.

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!"

"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."

DESCRIPTION

Jesus said that only one thing was needed in our life with Him. This thing is time At His Feet.

Two sisters, Mary and Martha, provide a vivid example of how we sometimes approach our life with Jesus. Both sisters loved Jesus. Martha busied herself with much serving and Jesus loved her. But Mary sat at His feet, positioned to hear, receive, and partake of everything that He may convey to her. He said that she chose the better portion; and the one that would remain with her forever.

As we walk with and worship Jesus, placing ourselves At His Feet is essentially doing the same things that Mary did. We let go of control, set aside our concerns, anxieties, and even other forms of service to God in order to allow Jesus to speak to us and minister to us however He sees fit. When we do this, we will be refreshed in His presence and receive from Him things that will remain with us forever.

PRAYER

Father, thank you allow me and encourage me to take time to rest in your presence and sit at the feet of Jesus. Help me to still my heart and mind as I prioritize your desires over my own forms of serving you. Speak to me Lord, I am listening. In Jesus' name, Amen.



PURPOSE:

To sit in the presence of Jesus and receive from Him.

To take a time out from other forms of serving to be with God.

To grow in our relationship with Jesus by offering our time to Him over other things.

SPIRITUAL FRUIT:

Closer relationship with Jesus through drawing near to Him.

Deeper rest in Christ.

Fuller experience of God's peace and love.

Re-alignment to Christ-centered priorities.

CONSIDERATIONS

How and when can you make time to sit at Jesus feet? What is required for you to choose this over other demands of life?

How long can you sit At His Feet? (Recommendation: Start with at least 20 minutes.) If needed, set a timer so you can relax and not be anxious about exceeding the time allotted.

Where will you sit At His Feet so distractions are minimized? Will you turn off or silence electronics or leave them behind?

Will you play gentle worship music or not? There is value in music or silence. Ask God what He desires for your time.

Prayerfully consider your bodily position for being at the feet of Jesus. (For this exercise, I recommend being comfortable.)

Bring your Bible and a notebook to write down what Jesus reveals to you.

PRACTICE

1. Once you are in the place and position for your time:
 - Invite the Holy Spirit to minister to however He desires.
 - Be still and quiet in His presence.
 - Open your heart to receive from the Lord. Listen to Him and receive all that He reveals, heals, speaks, imparts to you, or instructs you to do. Watch with the eyes of your heart for any visions He may want to show you.
 - Don't worry if you fall asleep. He gives you rest as a gift.
2. After your time At His Feet, take a moment to write down any impressions you had about what Jesus was saying or doing during your time together.
 - What is one thing you sense Jesus spoke to you?
 - How do you feel different after time with Him compared to before time At His Feet?
 - Thank God for what He has done during your time.
3. Resume your regular duties rested and refreshed by Jesus.

NOTES: _____



ADDITIONAL SCRIPTURES:

Matthew 11:28-30

Psalms 16:11

John 15:1-11

James 4:8

Psalms 27:4

Genesis 2:2

Hebrews 4:1-11

Romans 4:1-8