

# Choose Well

**Retief Uys**  
24 April 2022



Intro...



# Wells



Intro...



Wells



*Choose Well*



# Tempo of life

Let's talk...



## 1. Choose Well:

**Luke 10:38** While they were traveling, He entered a village, and a woman named Martha welcomed Him into her home. 39 She had a sister named Mary, who also sat at the Lord's feet and was listening to what He said. 40 But Martha was distracted by her many tasks, and she came up and asked, "Lord, don't You care that my sister has left me to serve alone? So tell her to give me a hand." 41 The Lord answered her, "Martha, Martha, you are worried and upset about many things, 42 but one thing is necessary. Mary has made the right choice, and it will not be taken away from her."

**ESV Luke 10:42** ...but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.

**AMP 41** But the Lord replied to her, “Martha, Martha, you are worried and bothered and anxious about so many things; 42 but only one thing is necessary, for Mary has chosen the good part [that which is to her advantage], which will not be taken away from her.”

**MSG 41-42** The Master said, “Martha, dear Martha, you’re fussing far too much and getting yourself worked up over nothing. One thing only is essential, and Mary has chosen it—it’s the main course, and won’t be taken from her.”





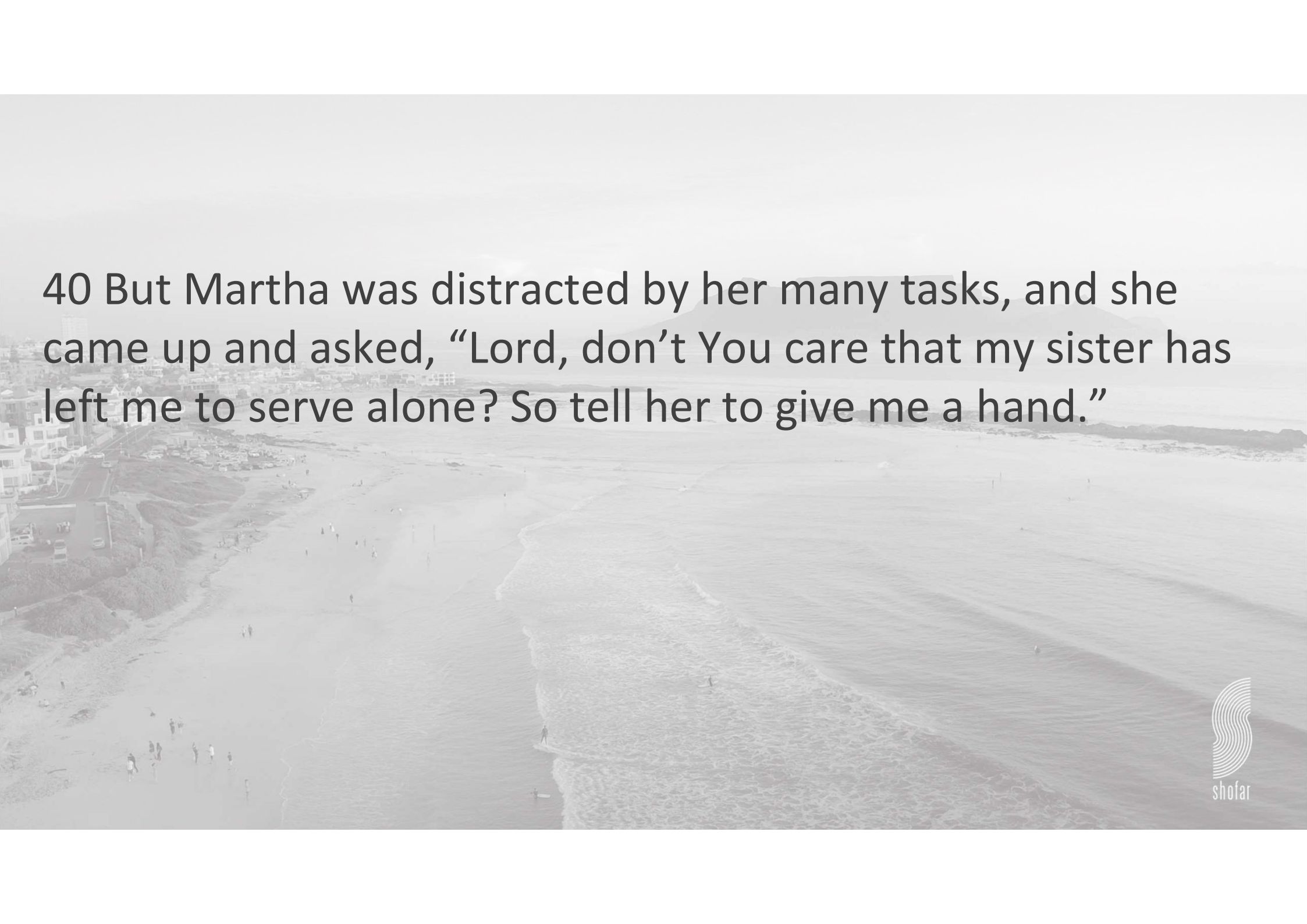
*Many chose well*

**Can you relate?**



## Martha and Mary

38 While they were traveling, He entered a village, and a woman named Martha welcomed Him into her home. 39 She had a sister named Mary, who also sat at the Lord's feet and was listening to what He said.

An aerial, grayscale photograph of a beach. The beach is wide and sandy, with many small figures of people scattered across it. The ocean is to the right, with waves breaking onto the shore. In the background, a coastal town with buildings is visible on the left, and hills or mountains are in the distance under a hazy sky.

40 But Martha was distracted by her many tasks, and she came up and asked, “Lord, don’t You care that my sister has left me to serve alone? So tell her to give me a hand.”



**Matthew 6 and Luke 12** *Do Not Worry* 22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest?

**Philippians 4:6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

# Choose One Thing:

**John 14:6 (NIV)** Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

**Psalms 16:5 (NIV)** Lord, you alone are my portion and my cup; you make my lot secure.

**John 6:27 (NIV)** Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.





# Choose well

**Simplify | The simple rhythm of grace and connection**

### 3. The 'Well' of the better part:

Go slow, choose well!

Slow

S.L.O.W.



An aerial, grayscale photograph of a beach. In the foreground, waves are breaking onto a sandy shore where several people are walking. The middle ground shows the ocean with small waves. In the background, a coastal town is visible on the left, and a large, flat-topped mountain (Table Mountain) rises on the right under a cloudy sky.

## 1. “S” → Stop, Sit, Still, Surrender:

**Your position determines your hearing – V39**

“...named Mary, who also sat at the Lord’s feet and was listening to what He said”

**Matthew 11:28-30** “Come to me, all you who are weary and burdened, and I will give you rest.”

Slow

## 2. “L” → Look, Listen:

**Luke 11:9** So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

**Listening is life! Well I FAITH**

**Romans 10:17** (NKJV) So then faith comes by hearing, and hearing by the word of God.

Slow

**3. “O” → Offering, Open up:**

**Sacrifice**

**Lordship**

**Open up – vulnerable and humble | Real and relational**

**James 4:6 “God resists the proud, but gives grace to the humble.”**

*Slow*



#### 4. “W” → Wait and Wonder:

**Psalms 27:14** "Wait for the Lord; be strong and take heart and wait for the Lord."

**Isaiah 40:31** "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

**Lamentations 3:25** "The Lord is good to those who wait for him, to the soul who seeks him."

**Matthew 18:3** "I assure you," He said, "unless you are converted and become like children, you will never enter the kingdom of heaven."

Slow

An aerial, grayscale photograph of a coastal scene. In the foreground, a sandy beach is visible with several people walking. The ocean waves are breaking onto the shore. In the background, a city with various buildings is visible, and further back, a large, flat-topped mountain or mesa rises from the landscape under a cloudy sky.

# Slow

**“S” → Stop, Sit, Still, Surrender**

**“L” → Look, Listen**

**“O” → Offering, Open up**

**“W” → Wait and Wonder**



*Choose Well*





*Let's Pray*