



# the visual **faith** project

## A Visual Faith Experience Choose One Thing!

By Dr. Dick Hardel

**Theme: Choose One Thing!** (Luke 10:38-42)

### Intended Audience

This text focuses on people who are in a relationship with God, not on the gender of the person. It would be very interesting to form a small group of men, youth, or young adults, as well as a small group of women, for this experience. When one forms small groups of couples, it is best to separate the couples and form two small groups. Often when both wife and husband, or partner, are in the same small group, one will be involved and the other inactive.

### Outcome of Experience

The participants learn that God wants to be in the center of all of our activities of life, not just one of our priorities. They will learn from each other how to make God centered in all areas of one's life.

### Introduce Experience

There are times we become overwhelmed with the tasks required of us in our schools, homes/family; places of business; congregations, communities, even on our vacations.

Under the stress of those busy moments we can fall into a trap of excluding God as the center of every aspect of our lives and also judge different responses or actions of others as right or wrong. In this experience we will focus on how we keep God centered in our lives.

### Scripture - Luke 10:38-42

*38 Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. 39 She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. 40 But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; 42 there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."*

Choose three people from the small group to read this Scripture story dramatically. One person is the narrator of the story, another Mary, and the third person is Jesus. Instruct them to try to reflect the emotions of each person in the story as they read. The others in the group are to listen to the emotions of people in this story.



# the visual **faith** project

## Choose One Thing! continued...

### Image Selection

Choose one or two images from the variety on the tables that display some emotions that Mary, Martha, or Jesus might have experienced in this story.

### Facilitators Questions To Guide Group Discussion

1. With whom are the images you have chosen connected and what are the feelings or emotions you sense in this person?
2. What does this story tell you about their relationship?
3. Are there other emotions that Jesus, Martha, and/or Mary might have experienced that we did not discuss?
4. With which character and emotions do you best identify yourself in this story?
5. What do you think Jesus meant by “choosing the better part of the one thing?”

### Image Selection

Think of a time when in the stress of high expectations and your busyness you lost the focus of God being the center of every aspect of your life. Choose one or two images that express what you were feeling during that time or connect to that situation.

1. How does the image(s) that you selected connect to that experience or the emotions you were feeling?
2. What was behind your high expectations and busyness?
3. What did you learn about yourself from that experience?
4. Did you sense that God was missing or that you were missing God?
5. How did you feel about that?

### Application

- What action does Jesus’ command and story to “love your neighbor as yourself” call to you in your neighborhood?
- What action or change in action does this command and story call to your congregation or faith community?
- How does this command of Jesus and the story challenge you and your friends?
- How does this command of Jesus and the story challenge our country?



# the visual **faith** project

## Choose One Thing! continued...

### Prayer

As the facilitator, create a holy space for the individuals and group to engage in prayer. Place a cross on a table. Place several glow sticks (if you do not have glow sticks, use lighted candles) by the cross.

On a piece of poster board write ONE THING and place it so all the participants can see it as they sit in a semi-circle facing to cross. Instruct them to think of the ONE THING that is needed to keep God centered in their lives.

Then in three minutes of silence to pray to God to remain centered in their busy lives.  
Following the three minutes of silent prayer, give each participant a copy of Psalm 27: 4

### Psalm 27:4 The Message (MSG)

*4 I'm asking God for one thing,  
only one thing:  
To live with him in his house  
my whole life long.  
I'll contemplate his beauty;  
I'll study at his feet.*

### Image Packs

We recommend the Assorted Set A (set of 100 printed images) for use with this experience or other images that you may already have. You can find the Assorted Set A at:  
<https://vibrantfaith.org/shop/visualfaithcards>