

## Martha's Distractions

### READ: Luke 10:38-42

<sup>38</sup> 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."

### REFLECT:

**What was Martha distracted by when Jesus came to her house? (v. 40)**

**How did those distractions affect Martha? (v. 41)**

When Jesus came to Mary and Martha's house there was much to be done. Martha had many plans and wanted to make sure everything was ready for Jesus. However, she became distracted by all the preparations and did not choose to get ready the one thing she should have prepared for Jesus, her heart. Martha missed her opportunity to sit at the feet of Jesus and learn from Him. We are often like Martha and we get worried and upset about many things so we are distracted from the one thing that should be most important in our lives, Jesus.

Jesus once asked, "*Who of you by worrying can add a single hour to your life?*" (Matthew 6:27) The answer is no one. What worry really does is steal our time away and suck the joy out of our life. God doesn't want us to be distracted or worried but instead He wants us to cast our worries on Him because He cares for us.

### RESPOND:

**What are some things that make you worried and upset and unable to focus on a relationship with Jesus?**

**Take some time to cast your worries to God and thank Him for His care for you.**

**Next time we will focus on Mary and discuss the one thing she chose.**

Have each person in your family thank God for something and then pray for someone or something that is on their mind.

Thank God for \_\_\_\_\_

Pray for \_\_\_\_\_