

# Martha and Mary

## Luke, Chapter 10 verses 38-44

As they continued their journey He entered a village where a woman whose name was Martha welcomed Him. She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

### Personal reflection of Tim Nichols --

I would believe that everyone sees them self as either Mary (one who will sit at the Master's feet) or Martha (one who helps with the work which needs to be done). I feel I am like Martha. Always doing something on the sidelines, instead of stopping and focusing on God. This reading makes me slow down and see both parts, as both have their benefits. There are times when I need to be like Martha, and work on that honey do list. But more importantly for me, I have to remember to be like Mary and just sit at the feet of Jesus.

Just sit, and reflect on Jesus. No distractions, no to-do lists, no phones. Just quiet time talking with God. We could sit and read the Bible and listen to what God says to us (using *Lectio Divina* for example). Or we could sit in the church during Eucharist Adoration. Jesus is always waiting for us, we just need to make the time to reach out to him.

We need to make the opportunity to do as Jesus tells Martha (and to all of us) to choose the "better part and it will not be taken from her".

God Bless, Tim

