

# Memory Verse

**Luke 10:41-42**

**But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, 42but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”**

GRACELIFE



CHURCH

# LUKE 10:38-42

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**Frazzled  
or  
Focused**



## **Luke 10:38-42**

Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left



me to serve alone? Tell her then to help me.”  
41But the Lord answered her, “Martha,  
Martha, you are anxious and troubled about  
many things, 42but one thing is  
necessary. Mary has chosen the good  
portion, which will not be taken away from  
her.”



## **A. 10:38-39 - A Focused Listener**

***Bethany*** is where, Lazarus, Mary and Martha lived. Jesus was *very close with this family* throughout His life and ministry, and *resuscitated Lazarus* from the dead. While we are focusing on Mary here, we are introduced to Martha in *verse 38*. Martha has a sister, Mary. There are *7 women in the New Testament* named Mary, or "*Miriam*." It was a common name.



## **A. 10:38-39 - A Focused Listener**

*John 12:1-8* says Mary anointed Jesus' feet with the expensive oil for His burial. That may have occurred at this time. The other Gospels record a woman anointing Jesus' feet or head in *preparation for burial*, but do not name the woman. It was this Mary.



## **A. 10:38-39 - A Focused Listener**

- 1. She loved Jesus.**
- 2. She was a disciple.**
- 3. She was humble.**
- 4. She understood that He had to die.**
- 5. She went against cultural norms to spend time with Jesus.**



## **A. 10:38-39 - A Focused Listener**

**Mary sat at the feet of the Son of God and learn from Him! How amazing is that! While Martha was busy cooking and preparing, Mary sat, listened, and comprehended what Jesus said. This was not a *passive half way listening* and *only catching a few things*. She sat, looked at, and listened to what Jesus said!**



## B. 10:40 - A Frazzled Server

This is the only Martha in the New Testament. She had faith in Jesus, but *at times struggled*, like in *John 11*, where she tells Jesus that Lazarus, her *brother*, had died. Martha *probably was the oldest sibling*, and it would have fallen to her as the elder to take care of and provide food for her guests. It seems *she was the head of the house*.



## B. 10:40 - A Frazzled Server

Martha was *supposed to* provide for her guests. In verse 40, there is a *contrast*. Martha was *distracted and frazzled*. Mary was *not distracted, but focused*. The word "*distracted*" means "*to be pulled away*" by something. It seems that serving may have been a gift she had. But somehow she went beyond her strength or what was needed, or was overwhelmed with the amount of work. She got *angry!*



**[Martha's] ...feelings get the better of her judgment, and she speaks, out of the impatience of her heart, words she never would have spoken had she but known that Inspiration would keep their echoes reverberating down all the years of time. And besides, her words were somewhat lacking in respect to the Master. True, she addresses as "Lord"; but... she goes off into an**



**interrogative... and closes with an imperative [command], which... was not becoming, while all through an undue emphasis is laid upon the first personal pronoun, the "me" of her aggrieved self. From:**

<https://biblehub.com/commentaries/expositors/luke/10.htm>



## C. 10:41-42 - A Friendly Teacher

Jesus *responds*, I imagine in a calm tone, calling her name **2 times**, which *emphasizes* what He is going to say. In a *Jewish context*, this got her attention, along with everyone else. He rebukes her calmly, in **2 ways**. He **first** addresses the *reality of the situation*. She was, "anxious and troubled about many things." These 2 words are *related...*



## C. 10:41-42 - A Friendly Teacher

**Second**, He tells her, " Mary has chosen the good portion, which will not be taken away from her." In direct contrast, *Jesus talks about Mary*. Mary chose the best. It is **good** to serve, but **better to sit at Jesus feet**, particularly when you are anxious. **Mary chose the eternal over the temporal**. Serving is good, but developing our relationship with Christ is *best for this life and eternal life*.



## C. 10:41-42 - A Friendly Teacher

A common phrase we hear is: *I'm too busy*. For some, there is a *competition* as to who can be busier. I've said *I'm too busy*, and there are **legitimate** times to say it. But busyness is one of the main tools the enemy uses to get our focus off of the Lord. We see that here. We can't blame satan, because it is our choice.



## C. 10:41-42 - A Friendly Teacher

There are a variety of reasons we are *too busy*: We think everything must be **done right now**. We think everything must be **done our way**. We think everything must be **done by us**. We think *others will think less of us* if we **don't \_\_\_\_\_**. We become distracted by **worries** and **too many activities**. We *put pressure on ourselves* to **accomplish too much!** We have **unrealistic expectations** of ourselves or others. We think ***busyness equals success and productivity***.



## **We need to set boundaries.**

- 1. Time to Prioritize**
- 2. Time to Focus**
- 3. Time to Rest**
- 4. Time to Delegate**
- 5. Time to Listen and Learn**