

Short & Sweet: She Sat



Nourishment for the Soul

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house.

39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word.

40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."

41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things.

42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

Luke 10:38-42

I am a list maker; a task oriented kind of girl.

I like getting things done. But, I also know how to take a break and rest. Mary of Luke 10, is that kind of woman as

well. She also had her priorities straight – Jesus. Mary didn't always have it together, her past is kind of sketch. Her name literally means “their rebellion.” After meeting Jesus, however, she gained a new reputation: the One Who Sat at Jesus' Feet. *She sat.*

She sat.

Wouldn't it be wonderful to be so connected to Jesus that in order for people to describe you they'd have to mention, “Oh, that's Mary-who-sat-at-Jesus'-feet. *She sat.* What did Mary do while *she sat?* She heard the Word. She heard the Word from The Word.

In the beginning was the Word, and the Word was God, and the Word was with God.

Can you imagine?

Martha tells on her.

Martha is busy with much serving ...on her feet ... distracted. Mary is busy with God ... at His feet ... filled.

She sat.

“Mary has chosen the good part, and it will not be taken from her.”

We get to choose too.

Action Points

1. The key to life is spending more time at His feet than on your feet. How can you make time to sit at His feet?
2. What gets in the way of spending more time at His feet?
3. What phrase characterizes your life now? _____
How would people describe you? She/He _____.

Life is sweet.

Mary Kane

