

# Rooted + Rested Reflection

## Episode 4: Martha, Mary, and the One Thing That Matters Most

### Scripture Focus

Scripture: Luke 10:38-42 (Mary and Martha) (CSB)

38 Now as they were traveling along, he entered a village, and a woman named Martha welcomed him into her home. 39 She had a sister called Mary, who sat down at the Lord's feet and listened to what he was saying. 40 But Martha was distracted with much serving. So, she came to him and asked, "Lord, don't you care that my sister has left me to do all the serving alone? Tell her to help me." 41 The Lord answered her, "Martha, Martha, you are worried and upset about many things. 42 But only one thing is necessary. Mary has chosen the better part, and it will not be taken away from her."

### Key Reflection Questions:

When have you felt like Martha—busy and distracted—but longing for Jesus' presence?

How do you currently balance "doing" and "being" in your faith and daily life?

What might it look like to "sit at Jesus' feet" in your own life this week?

Am I serving from a place of overflow or overwhelm right now?

What distractions pull me away from resting in God's presence?

How can nature or quiet moments help me reconnect with God this week?

### Personal Prayer Prompt:

Write a short prayer asking God to help you prioritize His presence over your tasks and worries. Invite Him to quiet your heart and guide your service with joy.

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A decorative header featuring a sprig of lavender flowers in shades of purple and green, with the title 'Sit at Jesus Feet' written in a purple cursive font across the middle.

# Sit at Jesus Feet

## Action Step:

This week, choose one simple way to create space to “sit at Jesus’ feet.” It could be:  
Spending 5 minutes in silence with a Bible verse.

Taking a short walk outside and noticing God’s creation.

Drinking a cup of herbal or lavender tea while reading Luke 10:38-42.

Journaling about your thoughts and feelings related to this story.

Replace Mary’s name with your name on the curved line.

“One thing is necessary.

A decorative flourish consisting of a curved line with a small loop at the end.  
has chosen the better part.”