
Luke 10:38-42

38 Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home.

³⁹She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. ⁴⁰But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' ⁴¹But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; ⁴²there is need of only one thing.* Mary has chosen the better part, which will not be taken away from her.'

REFLECT & DISCUSS

1. Read the scripture passage carefully and slowly. What word or image stands out to you? Why?
2. Who do you relate to more ? Mary or Martha ? Why?
3. Where is your life out of balance? Explain.
4. What steps can you take now to improve balance in mind, body , spirit and earth?