**Martha and Mary: Choosing the good part, the one needful thing**

In Luke 10:38-42 it says

“Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word.

But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her

Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”

Let’s set the scene for this moment. Jesus is now actively involved in His ministry here on earth. Earlier in **Luke 10:1,17,** we are told that Jesus is travelling with 70 people, sending them out 2 by 2, to go into the villages. He also had the disciples with him. Thus, this is quite a crowd that Martha was offering to care for. Imagine trying to manage that all by yourself, especially when your sister is available, but not helping! How would you respond?

Martha’s response was to go directly to Jesus and ask for support. Couldn’t Jesus see the injustice that she perceived was happening? She felt that she was doing all the work and Mary was just “sitting around”, at the feet of Jesus.

Jesus’ response may have surprised you. Instead of joining Martha in scolding Mary, He responds by saying that Mary is doing the best, most important, “one needful thing.”

Luke 10:42 “But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”

This “one thing” that Jesus was referring to is the time we spend in fellowship with the Lord, worshipping, loving, learning, leaning, praying, meditating, studying.

Take the time today and every day to put aside, even briefly, the demands of the moment and sit at the feet of Jesus. Tell Him you love Him and simply “be” with Him.

Let Him speak to you through His written word, the Bible. Time spent with the Lord, as the Scripture says, “shall not be taken away from her” (Luke 10:42). Ask the Lord to help you spend time choosing “that good part”, just as Mary did.

**One Thing**

Psalms 27:4 “One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.”

Philippians 3:13-14 “Brethern, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”