

# The One Thing Needed: To Sit at Jesus' Feet

## Luke 10:38–42

**1 *Jesus entered a village***

**2 *Two strong characters***

a. Martha's character

- 1) Giving
- 2) Courageous
- 3) Caring and loving

b. Mary's character

- 1) Loving and humble
- 2) Gripped with a spiritual hunger

**3 *Martha's problem:  
She was distracted***

- a. Distracted by serving
- b. Distracted by material things:  
Food, necessities  
and the cares of the world

**4 *Martha's one need:  
To sit quietly  
and listen to Jesus' words***

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him.

39 She had a sister called Mary, who sat at the Lord's feet listening to what he said.

40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things,

42 But only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."