

The Story we just heard of Mary and Martha is about one person who “sees and does” and one person who “listens and hears”. **BREATHE**

Who are you? Mary or Martha? **BREATHE**

Most of us, I think, are more like Martha than Mary. We have things to do. **BREATHE**

The phrase, "Don't just stand there, do something!!" Is always beating in our heads. I think it is because we are ~~most~~ *the role of doing* comfortable in ~~that role. Server. Worker. Accomplisher. Doer.~~

BREATHE

And not "doing" feels like "wasting time." If I'm not doing something then I start to feel guilty. **BREATHE**

More often than not I do not spend enough time being like Mary. Spending time with the God. Listening. Not "doing" something. **BREATHE**

Who are you? Mary? Or Martha? Who do you sympathize with? Who would you like to be like? **BREATHE**

We are much too busy all the time. **BREATHE**

Even now while sitting in your pews, you are all thinking hurry up I have so much to do when I get home, mentally going over you lists of things to do. I get it, i have lists for today,

tonight while watching TV, for tomorrow for the week, the month, the year and then there are my goals that I have set for myself. **BREATHE** *I don't rest well, in fact I am writing or playing a game even while I should be quiet*

We are too busy, busy listening, busy thinking, busy planning. We don't rest well. We don't meditate well. We don't tune in to the still small voice that is within us telling us to slow down, enjoy the moment. **BREATHE**

So I want to try something, something that they had us do at a mandatory retreat. **BREATHE**

I want you all to just be still to offer yourself to God, listen for what the Spirit might be saying to you. Let's do this for about for two minutes. **BREATHE**

How did you feel? Did you feel anxious for me to start preaching again? For something, anything, to happen? Did your mind spin during the silence? **BREATHE**

If so then you need to work on your Mary. **BREATHE**

Mary and Martha, both exist within each of us, but for most of us our Martha's have taken over. **BREATHE**

I know, I know you're thinking that somebody has to do the work! **BREATHE**

There is always something to be done. There is always a job that must be performed. But when that something ~~gets~~ takes up your life leaving you with no time for prayer, no time for quiet, no time for the work of the Spirit, then it has become obsessive. **BREATHE**

We need to understand the terms of “seeing and doing”. and “hearing and listening”. **BREATHE**

Both are important in our relationship with God.

BREATHE

We all need to spend time, just being with Jesus. Not doing, not solving all the world's problems, perhaps not even making up a fancy supper for our house guests or getting an extra coat of polish on the furniture before our in-laws come for a visit. **BREATHE**

We don't have to be super "doers" for Jesus. **BREATHE**

Mary when sitting at Jesus' feet listening and hearing the word of God is her discipleship. Mary understood that God had been invited into their home. **BREATHE**

Instead of "just don't stand there, do something!" we can also say, “Just don't do something, stand there!” **BREATHE**

Unlike Martha, distracted by her own agenda, an agenda to serve and in doing so has missed the point of Jesus' visit. It doesn't mean she isn't a good disciple, it means she is distracted, too busy. **BREATHE**

In Martha's defense Jesus had previously taught about being a good neighbor, maybe Martha was there to hear that, so therefore she thought she was doing what was needed the most.

BREATHE

In doing we go back to last week's lesson on being a good neighbor. to follow the most important commandment, to love one another as we love ourselves Discipleship. **BREATHE**

Martha made the assumption about what Jesus needed, not realizing that Jesus was there to fulfill her needs. **BREATHE**

She wanted to feed Jesus with real food and his purpose was to feed her with spiritual food, the Word of God.

BREATHE

Now if we take the time to think about this, aren't there times in our own lives, our own discipleship that we see what must be done; we see our neighbor, and we love our neighbor, so we follow Jesus' command to "Go and do likewise" **BREATHE**

Jesus knew what was expected when welcomed as guest, but in this instance, among friends, didn't seem to care too much.

Jesus was more concerned with sharing himself, with teaching, with building relationships with people. **BREATHE**

What God really cares about is relationships, our relationship with God and our relationship with others.

BREATHE

God wants to know the real us and God wants us to know the real God, to know God and through God to have the power to really know and to really love others. **BREATHE**

But to do this
We ~~just~~ need to learn how to balance the Mary part of us and the Martha part of us. **BREATHE**

Jesus wants us to be like the Good Samaritan, to go and likewise. But he also knows that in order for our faith to grow and to be strong, we need to be fed spiritually with the words of life. **BREATHE**

We need to take time away from the distractions of life in order for us to find life. We need to allow ourselves that quiet time that will enable us to listen to and hear God in our lives.

BREATHE

So relax and be yourself before God, like Mary was. You don't have to beat your head against the wall getting everything just perfect.

If it's really you, the you God made and the you God wants to know, then I believe that God understands. **BREATHE**

The story of Mary and Martha - and our reaction to it shows us something about ourselves it shows us our need to judge and it shows us that there are choices to be made, choices not about what is right or wrong but rather choices about what is good and what is necessary about what is wonderful and what is even better. **BREATHE**

Through this story, for many of us the message may be, "Don't be so anxious about getting things right, don't be so busy. Stop for a minute maybe even two. Look and listen. Enjoy the experience that is set before you. **BREATHE**

Isn't it time we slowed down a bit to make Jesus feel welcome in the home of our hearts? **AMEN**