

Week 4 - Bible Study Notes: Luke 10:38–42 — Sitting at the Feet of Jesus

Read the Passage Together

Read Luke 10:38–42 slowly, either as a group or with different people reading different roles (narrator, Martha, Jesus).

1. Scene Setting

- Jesus enters Martha and Mary's home in Bethany.
- Martha welcomes Jesus and focuses on preparing a meal.
- Mary sits at Jesus' feet, listening to His teaching.

Discussion:

- Who do you most identify with in this scene—Martha or Mary? Why?

2. Distraction vs. Devotion

- Martha is “distracted by all the preparations.” She feels frustrated and asks Jesus to tell Mary to help her.
- Jesus gently responds: “Martha, Martha, you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better.”

Discussion:

- Why do you think Jesus describes sitting at His feet as “the one thing needed”?
- Are there ways to serve (like Martha) that still flow out of a heart attentive to Jesus (like Mary)?

3. The Better Part

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- Mary's choice to sit at Jesus' feet would have been unusual for a woman in her culture, signalling deep devotion and discipleship.
- Jesus affirms Mary and invites Martha into the same focus and presence.

Discussion:

- When is it hardest for you to rest and listen to God?
- How can “sitting at Jesus' feet”—listening, praying, being still—practically happen in your week?