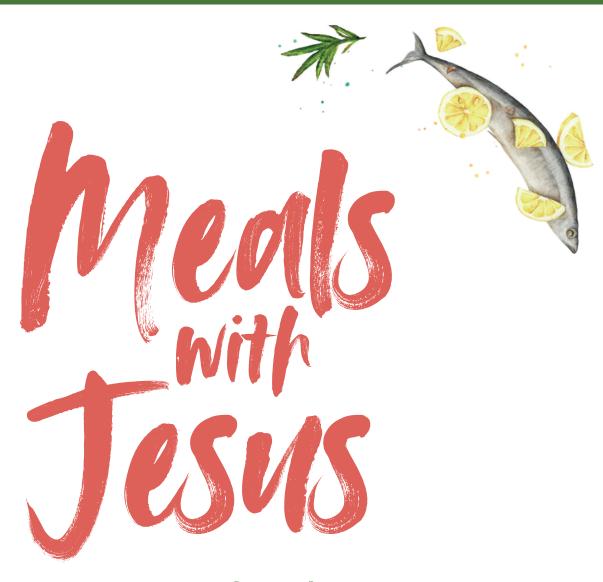
Sunday School Resource



A journey through Luke's Gospel

Lesson 4

At Mary and Martha's



faith@kids



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Living Out (www.livingout.org) commissioned Faith in Kids (www.faithinkids.org) to produce these resources to help children understand Jesus' care for the marginalised. Visit www.faithinkids.org from November 2020 to download these resources.

These resources tie in with our book of family Bible times, 'Meals with Jesus'. Published by The Good Book Company.

 $the good book.com \ | \ the good book.co.uk \ | \ the good book.com.au \ | \ the good book.co.nz \ | \ the good book.co.in$

We recommend the International Children's Bible for use with children during the lesson. Our leader's notes use the New International Version.

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'All for the glory of God alone' (1 Corinthians 10:31)

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At Mary and Martha's

LUKE 10:38-42



Big Idea:

We need to listen to Jesus. His words are more important than anything else.



Children who love to listen to Jesus because they trust that his words are important.



Pray and read the Bible passage. Read Where are we going? and Win my heart first to give you a better understanding of the passage and the Big Idea. Spend some time thinking through how this makes a difference to your life.

Read the lesson plan for the age group you will be teaching. Use a **Get Going** or **Brain Break** idea from a different age group if it is better suited to your children.

Prepare your lesson. Think through the Take 10 minutes to focus! questions before preparing your

Teaching Time. Use the International Children's Bible (which can be found online at www.biblegateway.com) for a simplified version of the text during Teaching Time. Keep the Big Idea in your mind to help you teach it clearly in every part of your lesson. Collect/draw/print/make what you need for the different sections of the lesson.

Pray for the children in your group to grasp the Big Idea and to live it out in their lives. Remember that you have the Holy Spirit's help as you teach God's word!



Where are we going?

We left our last meal, the big picnic, with a growing realisation of who Jesus is. He fed thousands of hungry people by making something from nothing. We saw that he is the one we need – God himself! The story of Mary

and Martha clearly shows us that Jesus isn't just to be marvelled at or served. More than anything, he is to be listened to. In today's simple scene, Jesus teaches his friends an important truth: we need to listen to him.

Win my heart first

Who do you love listening to? What do they say that draws you in? Are their words full of affirmation, encouragement or logic? Do you hear what they say and think, 'they get me!'? Words carry importance. They can be life changing. And as Christians, we have the most important words ever to exist being spoken to us by our Lord and Saviour Jesus. Wow! Life is full of distractions. Sometimes, it's the things we do for Jesus that can pull us away from actually listening to him. But he wants to speak to us. His words are life-giving, life-changing and will last forever. These are the words we need to listen to the most, and value above everything else.

v38-40 Mary got it. She sat at Jesus' feet from the moment he arrived and listened to the true and precious words of Jesus. Martha missed it. She was distracted by the business of preparing a meal, which to her seemed like an important task considering they had a guest. As time passed, Martha became more and more annoyed and anxious, 'Doesn't Mary realise how important this is? Do I really have to do this all by

myself?' Suddenly, Martha reached her breaking point and burst in on Jesus demanding that he make Mary help her.

v41 We might have expected Jesus to tell Mary off for leaving her sister so worried. We might have expected him to tell Martha off for telling him what to do. But Jesus did something different. Jesus knew Martha, inside out. He knew her head was spinning with chopping carrots and stirring pots. So he spoke kindly to her, addressing her by name and acknowledging her worries.

v42 Martha felt like she needed to prepare a meal for Jesus. But what she really needed was to listen to him. When we listen to Jesus it's like we're having a meal. He is giving us what we need. So Jesus lovingly explained to Martha that this was what mattered most. He wanted her to know him, to listen to him, to get what she needed from him. This was more important than anything Martha could have done for Jesus. Mary was right to put listening to Jesus first.



Question for my heart

Think about how you feel about sitting and listening to Jesus as you read the Bible. Why is Jesus so clear that more than anything, this is what we need? What are the tasks and worries that get in the way of you making this a priority?





This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes.



Volunteers to act as Mary, Martha and Jesus.



Loaf of bread, a load of household items – pans, brush, duster. A chair, a bible, 3 sets of listening ears (print and assemble the craft – see Appendix)

What to Say	What to Do		
What do a tax collector, a sinful woman and 5000 hungry people have in common? They all had a meal with Jesus!	Hold up the loaf of bread.		
He ate with sinners, he welcomed them in when others wanted to push them away. He gave people what they needed because he is God, the great provider and all we need. And today, we will see that he wants us to listen to him.	Hold up listening ears.		
In today's Bible story, Jesus visited the house of two sisters – Mary and Martha. Imagine if Jesus was coming to your house. What would you	Mary & Martha come to front carrying stuff.		
do to get ready? Would youmake your bed? Put your toys away? Rush around trying to dust the shelves, hoover the carpet, plump the cushions? Crash around in the kitchen trying to get the roast ready in time?	currying stati.		
Well, these two ladies were getting their house ready for a visit from Jesus.	Martha acts out giving Mary instructions for setting up.		

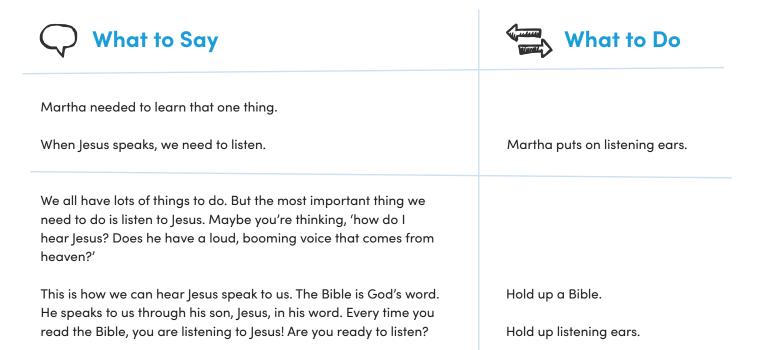
What to Say	What to Do
But when Jesus arrived the two sisters behaved very differently. Jesus came and sat down in their house, and began to teach his friends about God's kingdom.	Jesus comes to the front and sits on a chair – pretends to talk animatedly.
One sister, Mary, dropped everything to sit and listen to Jesus. She sat at his feet, nearly sitting on his toes because she wanted to hear absolutely every word that he had to say!	Mary sits at the feet of Jesus.
The other sister, Martha, carried on with all of her jobs to get the meal ready. She started to get a bit annoyed with Mary. I mean, there was stuff to do, so she started to crash a bit louder in the kitchen. She probably made it quite obvious that she wanted help	Martha starts to huff. Martha bangs some pans. Martha walks behind Jesus, looks at Mary, coughs loudly and rolls her eyes towards the kitchen.
But Mary stayed exactly where she was. If Jesus was talking, she was listening. In the end Martha couldn't take it anymore! Martha: 'Jesus, don't you care? Don't you know I'm doing everything here? Tell her to help me!'	Martha points at Mary.
Jesus: 'Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'	

continued ---

Mary puts on listening ears.

Jesus said that there is one thing that matters more than anything

else. It's the one thing that Mary did - listening to Jesus.





Lesson Overview





















10 Minutes to Focus

When preparing, keep these questions in mind and check your planning to see that you are ready to engage your group. Take that clarity into your Teaching Time so that you get the Big Idea across.



Get Going

Focus the children's attention on the theme of the session using a game or activity. Light, not manic, so that the children can be calm afterwards, with their minds ready.



Teaching

Teach the key content of the lesson in an engaging way. Place emphasis to point clearly to the Big Idea. If you have used the Bible Story Idea already, you may not need to cover the whole story again. If not, you can adapt it to use here with your group or tell the story in another way, perhaps using the suggestions below. However you do this Teaching Time, conclude with a simple explanation of the Big Idea.



Brain Break

A chance to rest the children's minds before Heart and Hands. Get children moving. Finish by linking the activity to the Big Idea so that this time serves the Bible story.



Heart &

Small group discussion:

The vital chance for the children to reflect on the story, so that its truths impact their hearts. They do the talking, not the leader. All the children need to be given the opportunity to respond. Ask each question to multiple children. The questions will lead the children to see how their heads (thoughts), hearts (feelings) and hands (actions) are shaped by the Bible story through the work of the Spirit.





Take 10 minutes to focus! It is difficult for children to know how to listen to Jesus when they can't physically see or hear him. Think about how to make 'listening to Jesus' more real and understandable for them.



Get Ready

You will need:

A broom, spray bottle filled with water, a cloth, wooden spoon and plastic mixing bowl, table cloth, plastic cups and plates.

Pretend you are setting up for a party with a very special guest. As a group, complete the different tasks to get everything ready – pass around the broom to

sweep the floor, take turns to spray the table and wipe it clean, take turns stirring the wooden spoon in the mixing bowl, finish by setting the table with the table cloth, cups and plates. All collapse in a heap when the tasks are complete and you are finally ready!

Link: In today's story, a very special guest - Jesus - visited Martha's house. She was too busy getting everything ready to listen to Jesus.



You will need:

Toy dolls/figures to be Mary, Martha and Jesus, kitchen toys (pots and pans), plastic food, a children's Bible (e.g. The Beginner's Bible).

Use the toys to act out the story as you read it from the children's Bible or tell it in your own words in the way suggested below:

Jesus was coming to lunch. Mary and Martha were excited, running around to get everything ready for a yummy meal (act out Mary and Martha running around and preparing food). But then Jesus arrived, and started to teach. Mary sat down straight away, right by Jesus' feet, and listened (sit Mary next to Jesus).

But Martha was so worried about the meal she carried on cooking and cleaning (act out Martha being busy). Martha was very upset that she was so busy and Mary wasn't doing anything! Martha went

to Jesus and said he must tell Mary to help her (act out Martha being in a huff and demanding Jesus speak to Mary).

Jesus didn't do what Martha said. He said she must listen to him too. Mary listened to Jesus - she made the best choice. Martha needed to make the best choice too. She needed to listen to Jesus (place Martha in front of Jesus).

We can't sit in front of Jesus like Mary did because he's in heaven. But, when we listen to a Bible story (hold up the Children's Bible), we are listening to Jesus! We have made the best choice to listen to Jesus today! His words are more important than anything else in the world and we can listen to him whenever we want to – wow!

End with the memory sentence – 'We need to listen to Jesus'. Get the children to repeat it back to you a few times.



You will need:

Items from the **Get Going** game, a children's Bible and a device to play music.

Song suggestion:

God Speaks (Get Ready – Dr Rocktrin and the Groovemeisters, Emu Music)

Set out the cooking and cleaning items around the room. Play music and let the children run around pretending to cook, clean and be very busy. Children must keep moving while the music plays. At random times, stop the music and shout, 'listen to Jesus' - the children must run to the front, sit by the children's Bible and cup their ear with their hand to pretend to listen.

Link: Listening to Jesus is the best thing we can do. We listen to him when we hear Bible stories.



Craft Time - Make listening ears You will need:

A print out, on card, of the craft template A for each child (see Appendix), glue/stapler, crayons, gold star stickers.

In advance, cut out the ears and headband for each child. Let them colour and decorate the different parts before you assemble them. This is your opportunity to make things personal for each child. Spend time asking them why we must listen to Jesus. Use this craft time to reinforce the **Big Idea** of the lesson to get them ready for **Think Time**.

Think Time

Use the illustrations to remind the children of the story. Point to different parts of the pictures and ask them to tell you what is happening. Do they remember what Jesus said was the best thing to do? Can they remember how we can listen to Jesus?

Big Question

Who do we need to listen to most? Jesus!

A follow up question

Where does Jesus speak to us? In the Bible.

Pray

Dear Lord Jesus, thank you that you speak to us. Please help us listen. Amen.





Take 10 minutes to focus! How will you help the children to see how easy it is to make Martha's mistake? How will you help them to know that listening to Jesus is the best choice?



So Much To Do!

You will need:

Items for the tasks – suggestions below, a kitchen timer/mobile phone with a timer.

Give the children several tasks to complete within two minutes. Make sure they can't complete them all. Your tasks could include – sorting Lego bricks into different colours, building a tower from blocks, putting scattered Lego bricks away.

Link: In today's story we will meet a very busy person. Jesus shows her what she needs most.



You will need:

Pots and pans, table cloth and cutlery, broom, shoes.

Do an interactive drama to show the choices Mary and Martha made. Choose children to act as Jesus, Mary and Martha.

Explain that Mary and Martha were sisters who were friends of Jesus, and that one day Jesus came as a visitor to their house. Have Jesus and Mary sit down with Jesus pretending to teach Mary while she listens. Martha excitedly hands out items to the rest of the children and gets them busy tidying and preparing for the meal. Get the children busy making food in the pots and pans, laying the table, sweeping the floor and tidying away shoes. Jesus and Mary stay seated with him talking and her listening.

Freeze the activity. Ask the children what the difference is between Mary and Martha? Who do they think did the right thing?

Get Martha to walk to Jesus and Mary in a huff.

Read out what she said to Jesus in Luke 10:40: 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

Ask the children how Martha was feeling. What did she want Jesus to do?

Tell the children Jesus' response in Luke 10:41–42: 'Martha, Martha. You are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.'

Ask the children what Mary chose to do. Why did Jesus say that listening to him was the better thing to do?

As you finish, keep in mind the Big Idea and the questions you thought through in Take 10 minutes to focus. Explain that listening to Jesus is the best choice we can make. Explain that we listen to Jesus when we read the Bible or listen to stories from it. Talk about why Jesus' words are more important than anything else in the world.



Jesus is Speaking!

Place a Bible at the front of the room.

Play a game of 'Captain's Coming'. Have a list of commands that have matching actions. Randomly call out the commands. For maximum fun – keep increasing the speed of the game. When you call out 'Jesus is speaking', the children must all run to the Bible at the front, sit down and cup their ear with their hand

as if listening.

Suggested commands:

Clean the floor, scrub the dishes, chop the carrots, mash the potatoes, lay the table.

Link: We can hear Jesus speak to us in the Bible. He said the best choice is to listen to him.



Use the illustrations to help the children remember the story. Worksheet A is the suggested sheet for this age group. The questions below can mostly be found on the worksheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

Did you spot it?

 When Jesus came to visit, Mary and Martha decided to do very different things. What did each of them do?

Work it out

- How did Martha feel? Why?
- Who did Jesus say made the better choice? Why?
- How do you feel about listening to Jesus? Why?

Live it out

- Who do you love listening to? Why?
- Why is listening to Jesus better?
- How can we listen to Jesus today? What might get in the way of our listening?

Prayer Idea

Jesus speaks to us in the Bible. Wow! Complete the sentence: 'I love listening to Jesus because...' Turn those sentences into thank you prayers.

Craft Time

Make listening ears.

Use the craft if you have time available after your discussion. Craft instructions can be found in the Explorers Craft Time section.







Take 10 minutes to focus! Who or what do you think your children listen to most? How will you help them know that Jesus' words are the most important words they can listen to?



Listen and Do

You will need:

Items for the task (see suggestions below) and something detailed to read to them e.g. a newspaper article, a page from a children's dictionary or a shopping list.

Set the children a task (e.g. sorting pasta shapes or building something out of Lego) to do while you read to them. At the end of the reading, ask the children questions about what you read. Can they remember much? Did they listen at all?

Link: It's hard to listen when you're busy! In today's story, one person chose to be busy while the other chose to listen. We will find out who made the right choice and why.



You will need:

Sheets of paper and coloured pens.

Get the children into pairs or small groups. Give them paper and pens and explain that they must draw a cartoon strip of the story as you go through it. Read a section then give them a couple of minutes to discuss what the scene looked like and to draw it in a cartoon frame. Keep this fast paced.

Once the cartoon strips are done, explore the good reasons why Martha was so busy. We want to show how easy it can be to make the decision Martha made, instead of the one Mary made. Talk about the following questions:

· How did Martha feel? How might she have

explained her decision?

- Why did Mary listen to Jesus? How did it make Martha feel?
- Let's look again at what Jesus said. What did he say was needed? Why is listening to Jesus the better thing to do?
- How can we listen to Jesus? What stops us listening to him? What does this show us about what we think we need?

Finish with a point or two about what this story teaches us about Jesus' words. Keep in mind the Big Idea and the questions you thought through in Take 10 minutes to focus as you explain the importance of Jesus' words and why we need to listen to him.



The Best Thing

You will need:

A box with small folded papers in it. Have 4-6 pieces of paper per child. Draw ears on a third of the papers. On

the rest, write good things to do e.g. listening to an adult at home, doing homework, seeing friends, studying for a test, tidying your bedroom etc. You don't need different things on each paper - have multiples of the same examples.

Place the box and papers in the centre of the room. Split the children into teams. One at a time, a child from each team runs to the box and takes a paper back to their team. Give the children a couple of minutes to collect as many papers as possible. At the end, get them to open up the papers and add up their score. Each

paper is worth 1 point except for the pictures of ears which are worth 10 points.

Link: There are lots of good things we can choose to do. But listening to Jesus is always the best thing we can do.



Use the illustrations to help the children remember the story. Worksheet B is the suggested sheet for this age group. The questions below can mostly be found on the worksheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

Did you spot it?

- What did Mary do when Jesus visited? Why?
- What did Martha do when Jesus visited? Why?

Work it out

- Why was Mary's decision the best decision?
- Cooking and cleaning are good things. Why is listening to Jesus better?
- How can we listen to Jesus today?
- Why is listening to Jesus better than playing sport/doing homework/listening to an adult/ watching videos?

Live it out

 What good things get in the way of us listening to Jesus?

- When do you make time to listen to Jesus at home?
- How do you feel before reading the Bible, or before coming to church? Why do you think you feel like this? Why is it still the best choice to make?

Pray

What makes it hard to listen to Jesus? What can you ask Jesus to change in your heart? Pray that Jesus will help you with these things.

Craft Time

Make a 'listening ears' bookmark. Have this craft option available in case you have time after your discussion.

You will need:

The craft template B (see Appendix) printed on card (1 sheet per 2 children), felt tip pens, glue and scissors.

Children can cut, decorate and stick the parts together to make a bookmark. Help the children come up with creative ways to stick the pieces together.



- If you asked your friends for the most important things they could do with their time, what sort of answers would you get?
- If you said that listening to the words of a book that is more than 2000 years old is more important than any of those things, how would
- they respond?
- What could you say to help them understand?
- Sometimes the Bible is hard to understand, and we don't always feel excited by it. What can we do to remind ourselves how important it is?





This component is suitable for a mixed group of children aged 3–11 years old. Use this if you are unable to break your group into smaller classes because of the number of children or leaders you have.



Take 10 minutes to focus! Listening to Jesus is the best choice to make. How will you help your children grasp the importance of Jesus' words?



Would You Rather...

You will need:

A list of choices – both are good things to choose between but one must be better/more exciting/more valuable/more important. Have simple pictures to help younger children follow the examples.

Dive the room into two so children can indicate their choice by standing on that side of the room. Read out each example of 2 choices and let children choose which they would rather do. Talk about how both choices are good but one is much better.

Suggestions of choices:

- A day at the beach OR a week's holiday at the beach.
- Watching a football match on the television OR going to watch a live football match.
- Seeing granny on a phone OR seeing granny in person.

Link: All the choices were good but there was always one that was better. In today's story, we will see who chose what was better and what they chose.



You will need:

The Bible story illustrations (see Appendix) or a children's Bible (e.g. The Beginner's Bible), Bibles for the older Children or printouts of the passage.

Sit with the younger children and show them pictures while you tell them the story. While you do this, have the older children look at the text and write down everything they can about Mary and Martha. Choose 2 of the older children to be in the 'hot seat' as Mary and Martha. Have an older child read the passage and then let the children ask Mary and Martha the following questions:

- Who are you?
- What did you do when Jesus visited?
- How did you feel?

- What did you say?
- What did Jesus say to you/about you?
- Which of you made the better choice?

Finish by talking about how we can listen to Jesus today. Do the children understand that hearing the story of Mary and Martha today means they have been listening to Jesus? Talk about what this story teaches us about Jesus' words. Keep in mind the Big Idea and the questions you thought through in Take 10 minutes to focus as you explain the importance of his words and why we need to listen to him.

End with the younger children's memory sentence -'We need to listen to Jesus'. Can the older children come up with some actions to help them remember it?



Mix It. Scrub It.

Play a game of human Bop-It. Teach the children the actions for each command. Call out commands in any order to a slow beat (clap or click your fingers). Increase your speed as the game goes on. Only call out 'Listen to Jesus' at the end of the game to remind them it was what Martha needed to do more than what she chose to do.

Commands and actions:

- Mix it pretend to hold a bowl with one arm and mix with the other
- Scrub it get down on hands and knees and pretend to scrub the floor

- Cook it pretend to flip something in a frying pan with one had
- Sweep it pretend to hold a broom with both hands and make a sweeping motion
- Set it lift both arms up and down as if putting a cloth on a table
- Listen to Jesus sit on the floor and cup a hand around an ear

Link: Martha was busy doing lots of things. What she needed most was to listen to Jesus. It's what we need most too.



If you have more than one leader then you could split up into smaller groups of similar aged children (if possible). If not then get the younger ones busy with a craft so you can have some discussion time with the older children.

Use the illustrations to help the children remember the story.

Depending on your children, use the craft/ worksheet and questions that will suit them best from the Explorers/Discoverers/Adventurers sections.

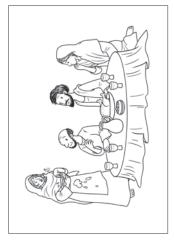


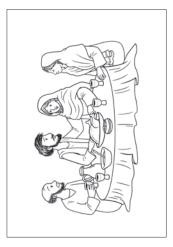


The following pages can be copied, printed and used to accompany this lesson.









p19

p20

p21

p22

Worksheet



Worksheet



Take Home Truth

(parent handout)

Craft

p23

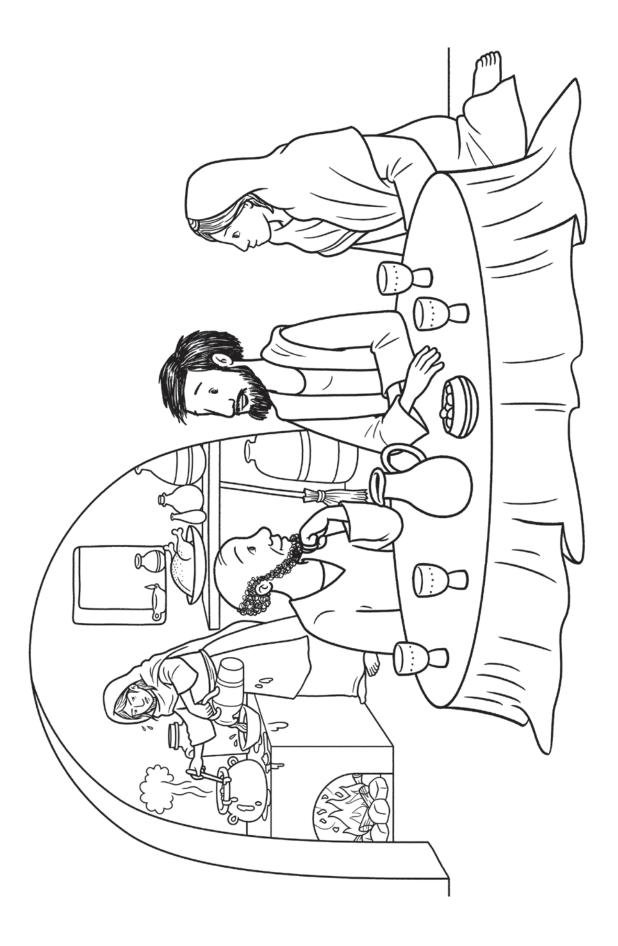
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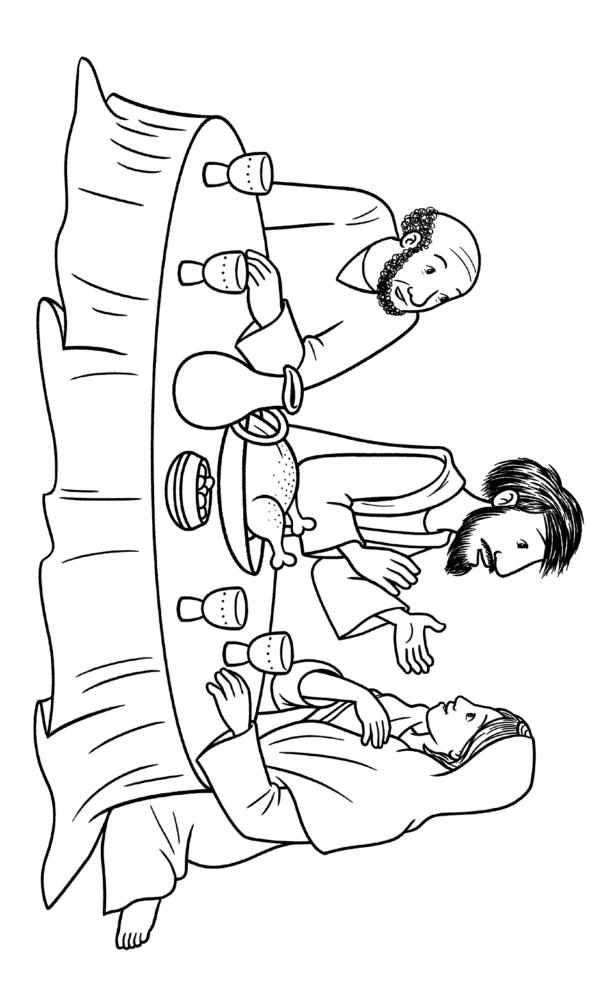
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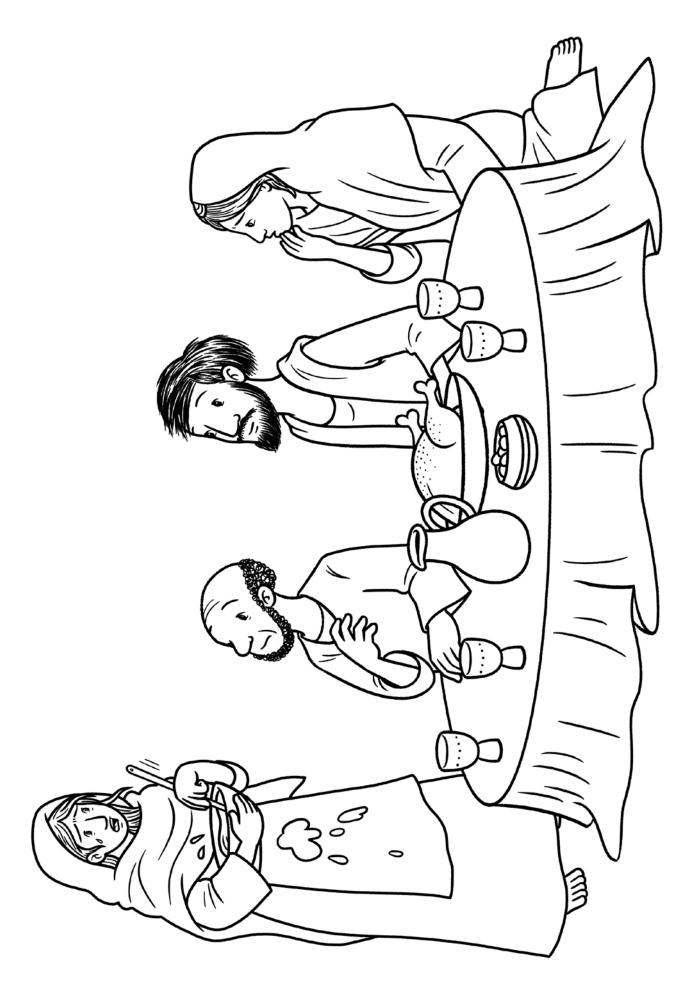
p26

Craft

p27













Lesson 4: At Mary and Martha's LUKE 10:38-42





Did you spot it?

Number the pictures to put them in order...









Circle Martha in green

Circle Mary in orange



Colour in faces to show how you think

Martha felt









Circle who Jesus said made the better choice



Draw a face to show how you feel about listening to Jesus



I love listening to

Why?

Jesus said listening to him is better



Why?



Write or draw a picture to show where you can hear Jesus speak



Write or draw a pictures of things that get in the way of listening to Jesus



MEALS WITH JESUS

Lesson 4: At Mary and Martha's







Did you spot it?

Draw pictures of what Mary and Martha did when lesus visited

			.a when jeous v			
MARY				MARTHA		
	ho made the tter decision Busy Ma	on? rtha	Write or draw			
Tick the things LISTENING TO JESUS is better than						
		Why?				
Playing sport Doing homework		Why?				
		Why?				
Listening to an adult Watching videos		Why?				
Walcillig Vi	ueus	willy:				
What good things	When do y time to lis Jesus at h	ten to		÷ 2		
What <u>good</u> things get in the way of us listening to Jesus?	Draw an e in the squ to show he you feel	ares	before reading the Bible before coming to church	Why is it still the <u>best choice</u> to make?		





Use these questions to get a conversation started about today's lesson with your child. Pick a time that sets you up for success – maybe in the car on the way home or before bedtime. Make yourself part of the conversation and share your own ideas – this is not a test!

MEALS WITH JESUS

Lesson 4: At Mary and Martha's

LUKE 10:38-42



Big Idea:

We need to listen to Jesus. His words are more important than anything else.



Faith in Kids looks like:

Children who love to listen to Jesus because they trust that his words are important.







- Who do we need to listen to most? Jesus!
- Where does Jesus speak to us? *In the Bible*.

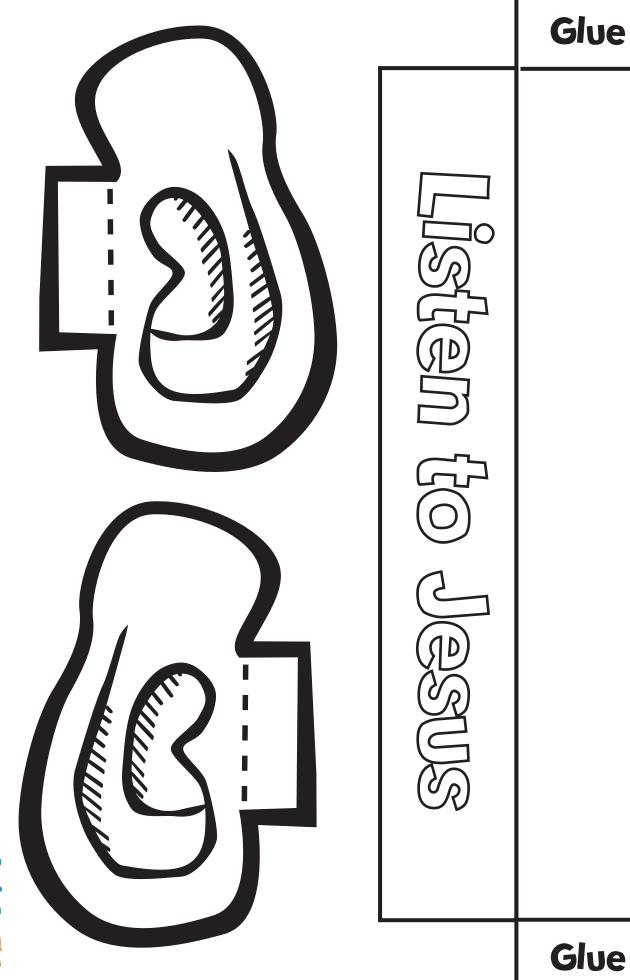


5-7s

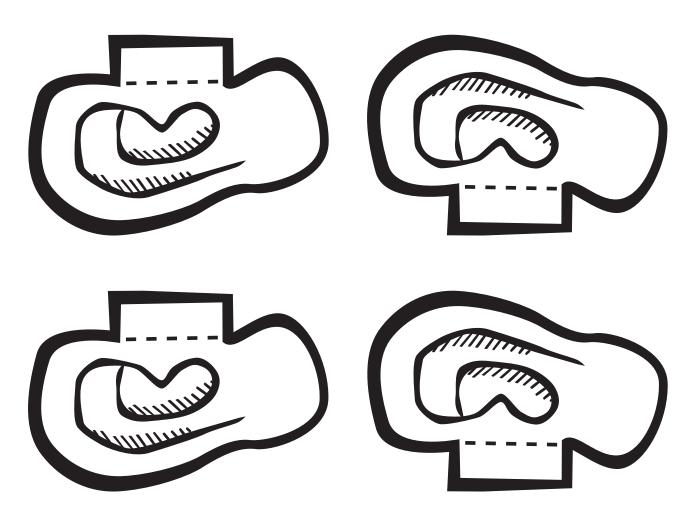
- What did Mary and Martha do?
- Who made the best choice? Why?
- Why are Jesus' words more important than anything else?



- Who did the better thing in the story? What did she do?
- Why was that the better thing to do?
- How has this story changed how you feel about listening to Jesus?



faith mkids



Listen to	Mark 10:38-42
Listen fo Jesus	Mark 10:38-42



Cover artwork inspired by





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