

9th Annual 2026 Embracing
Biblical Womanhood Conference

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As Holy

2 Timothy 2

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From the Distraction of Busyness

Luke 10:38-42

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Introduction

- Who I am
- Why I felt led to teach this workshop.
- Luke 10:38-42: Be a Mary not a Martha, right?

Pam Recod:



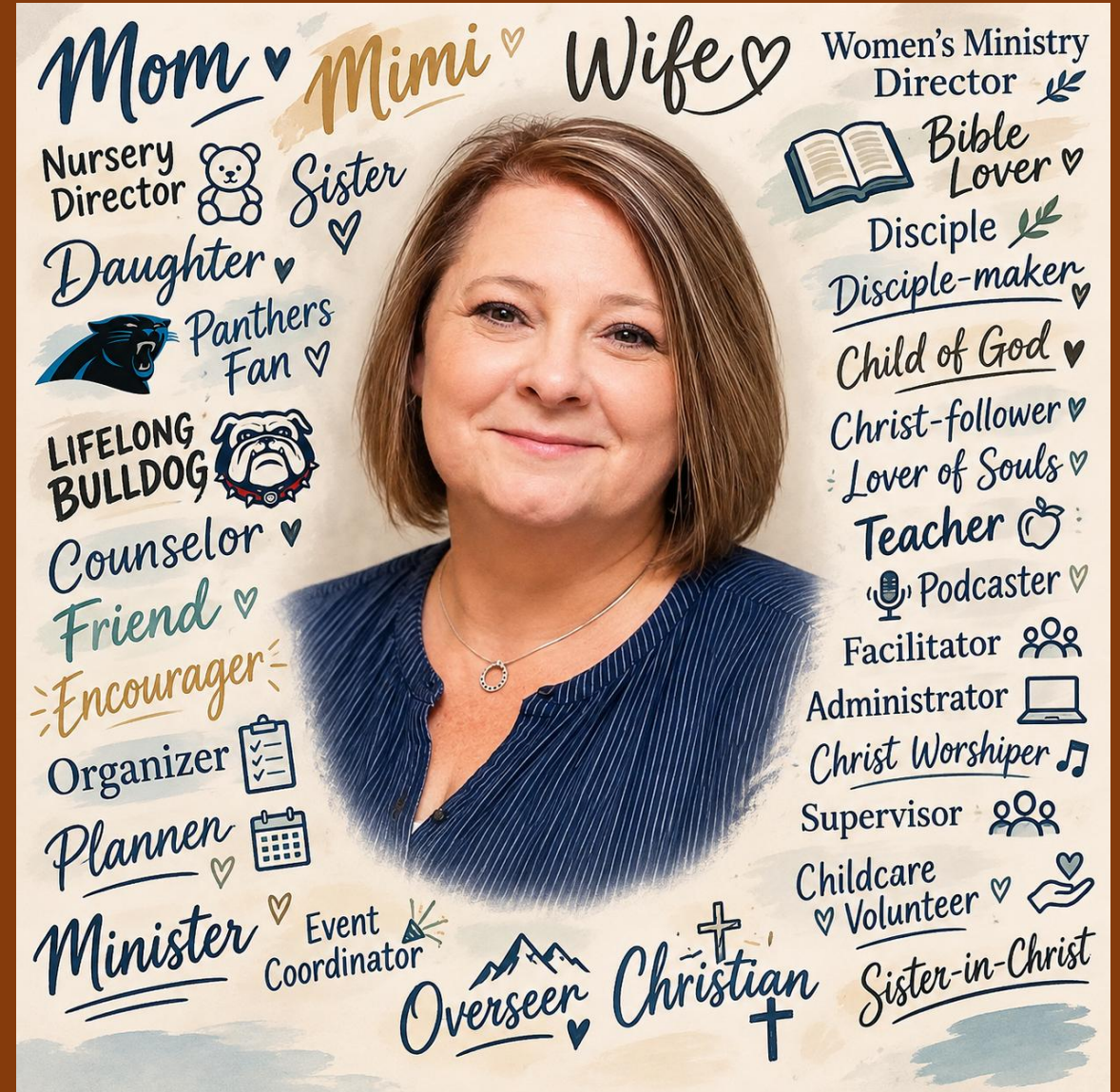
Married to Max for almost 40 years!!!!



Four AMAZING grown daughters!



Three AWESOME grandchildren!



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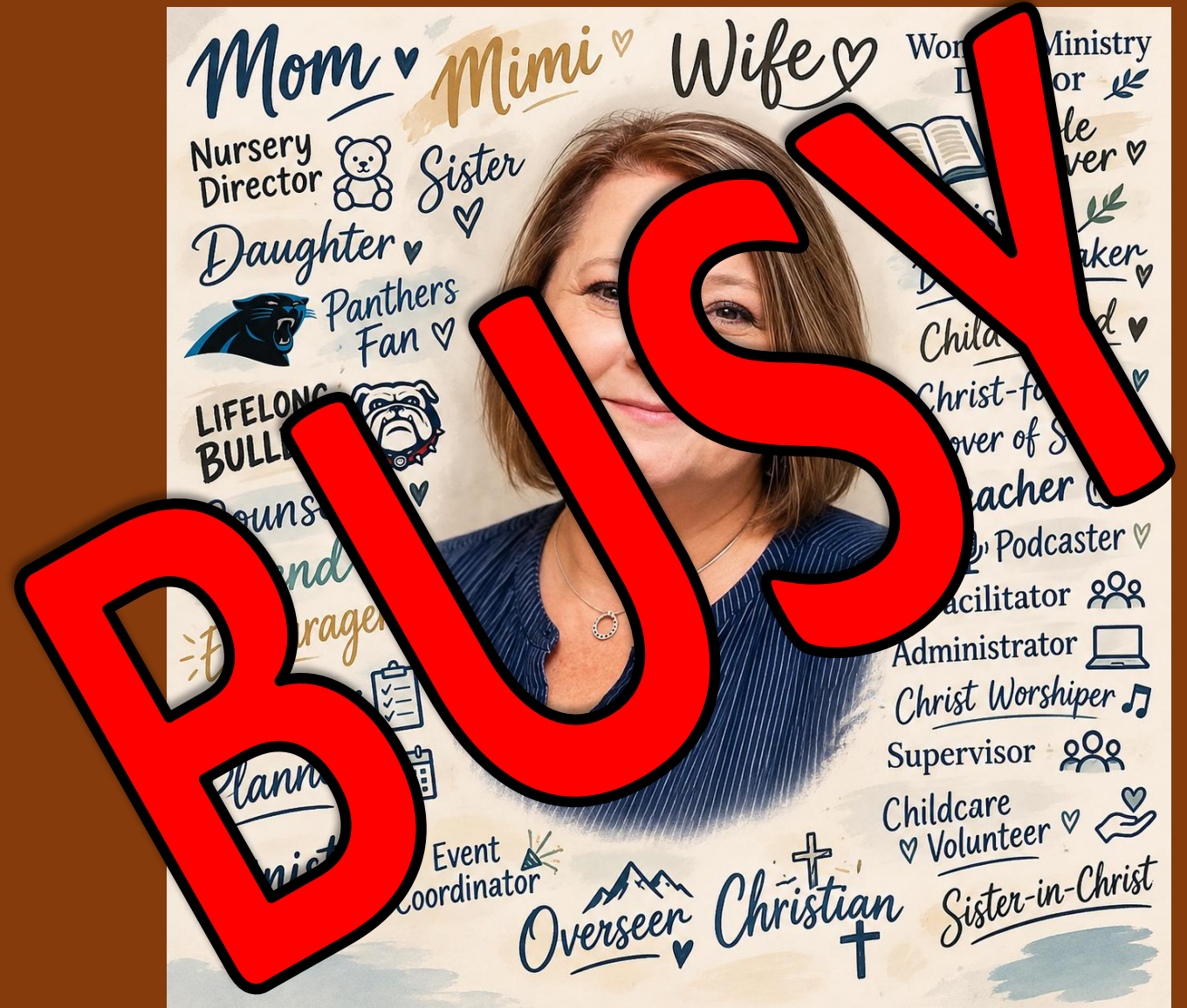
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Luke 10:38-42

³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. ⁴⁰ But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Let's Add a Little Context

- The Gospel of Luke
- Where in Jesus' ministry timeline is this narrative found?
- What are the surrounding passages?



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Martha, what do we know about her? (John 11)

- Besides her sister Mary, she also had a brother named Lazarus, who Jesus will raise from the dead (vs. 1, 43-44)
- Jesus loved them (vs. 5)
- Jesus cared about them (vs. 33, 35, 38)
- Martha and Mary had faith (vs. 2 (chap. 12), 20-24)
- Martha professed belief (vs. 27)
- Jesus' last stop on His final trip to Jerusalem (John 12:1-8)

What can we observe about Martha from this text?



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Luke 10:38-42

It was Martha's house and invitation (vs. 38)

- Jesus was an important house guest
- It was expected that the women would serve (John 12:2)
- Service is a right response (Mark 1:31)

Luke 10:38-42

She was distracted with MUCH serving (vs. 40)

Distracted (*perispaō* G4049)

What do we think of when we
hear the word distracted?

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Luke 10:38-42

She was distracted with MUCH serving (vs. 40)

Distracted (*perispaō* G4049)

- Drawn away
- Over occupied about a thing
- Literally “pulled apart”
- To be driven about mentally

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Luke 10:38-42

....and that caused Martha to complain to the Lord about her lack of help (vs. 40)

*I remembered God, and was troubled: I
complained, and my spirit was overwhelmed.*

Selah.

Psalms 77:3 KJV

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Luke 10:38-42

Jesus gently rebukes her noting that she is “anxious” and “troubled” about MANY things (vs. 41)

- Worried
- Upset
- Bothered

Luke 10:38-42

Jesus tell Mary that at that moment the “good potion” or “better thing” is that which Mary has chosen and would produce eternal rewards (vs. 42)

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Is Being Busy a Sin?



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Jesus was “Busy”

Mark 3:20: "Then Jesus entered a house, and again a crowd gathered, so that he and his disciples were not even able to eat."

Mark 6:31: "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'"

Jesus was “Busy”

Mark 3:9: "Because of the crowd he told his disciples to have a small boat ready for him, to keep the crowd from crushing him."

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Jesus Also Came to Serve

Mark 10:45: For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

Mark 1:32-34: "That evening.....The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons...”

Martha's problem was not the busyness of serving, or the service itself, it was her distraction of it that kept her from the "better thing".

Why Was Mary's Choice the “Good Potion” or “Better Thing”?

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Mary Wanted Discipleship

Luke 10:39: And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.

*Sitting at the feet of Jesus was a posture
of a true disciple.*

Acts 22:3: “I am a Jew, born in Tarsus in Cilicia, but brought up in this city, educated at the feet of Gamaliel according to the strict manner of the law of our fathers.....

Luke 8:35: Then people went out to see what had happened, and they came to Jesus and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind, and they were afraid.

Mary Wanted Discipleship

Luke 10:39: And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching.

KEY POINT OF MEANING!

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Mary's focus
versus
Martha's distraction
was discipleship!

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Mitzvot

VS.

Luke 10:27

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Mitzvot:

The 613 Old Testament Laws

- 248 Positive commands: "do this" instructions
- 365 Negative commands: "do not do this" prohibitions

Luke 10:27

And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.”

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John 13:34: A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.

Matthew 22:37-39: And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the **great** and first commandment. And a second is like it: You shall love your neighbor as yourself.

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APPLICATION

Luke 10:42 “but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

BUT ONE THING IS NECESSARY!

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Remember....ten verses before our Martha and Mary story.....

Luke 10:27 And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.”

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Matthew 28:19-20

Go therefore and make disciples of all nations,
baptizing them in the name of the Father and of
the Son and of the Holy Spirit, teaching them to
observe all that I have commanded you.....

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REMEMBER:

*Mary's focus was on
discipleship!*

This was the “necessary thing”!

*We must BE disciplined to MAKE
disciples!*

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What are some right things
that distract us (pull us
away) from a right focus?

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Martha chose serving over
time learning from her Savior.

What affects how we choose
to use our time / focus?

Does “busy” look the same
for all of us?

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Is there a difference
between healthy busyness
(productive service) and
unhealthy busyness?
Can we be TOO busy?

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Unhealthy vs. Healthy Busyness

Distracted, Anxious,
Troubled, Worried,
Robbed of Rest, Poor
Stewardship, Worldly-
minded, Burdened,
Tempted, Overwhelmed

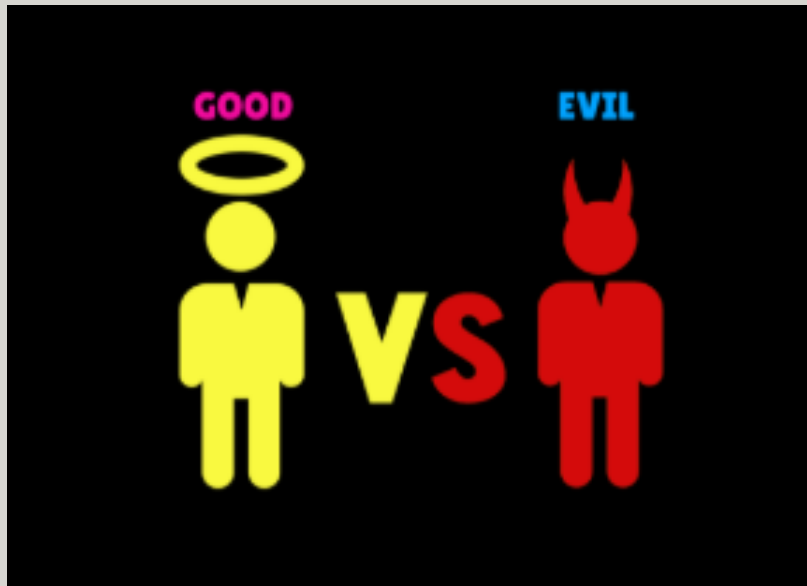
Peace, Contentment,
Kingdom-minded, Closer
walk with Christ,
Sanctification, Making
disciples, REST!

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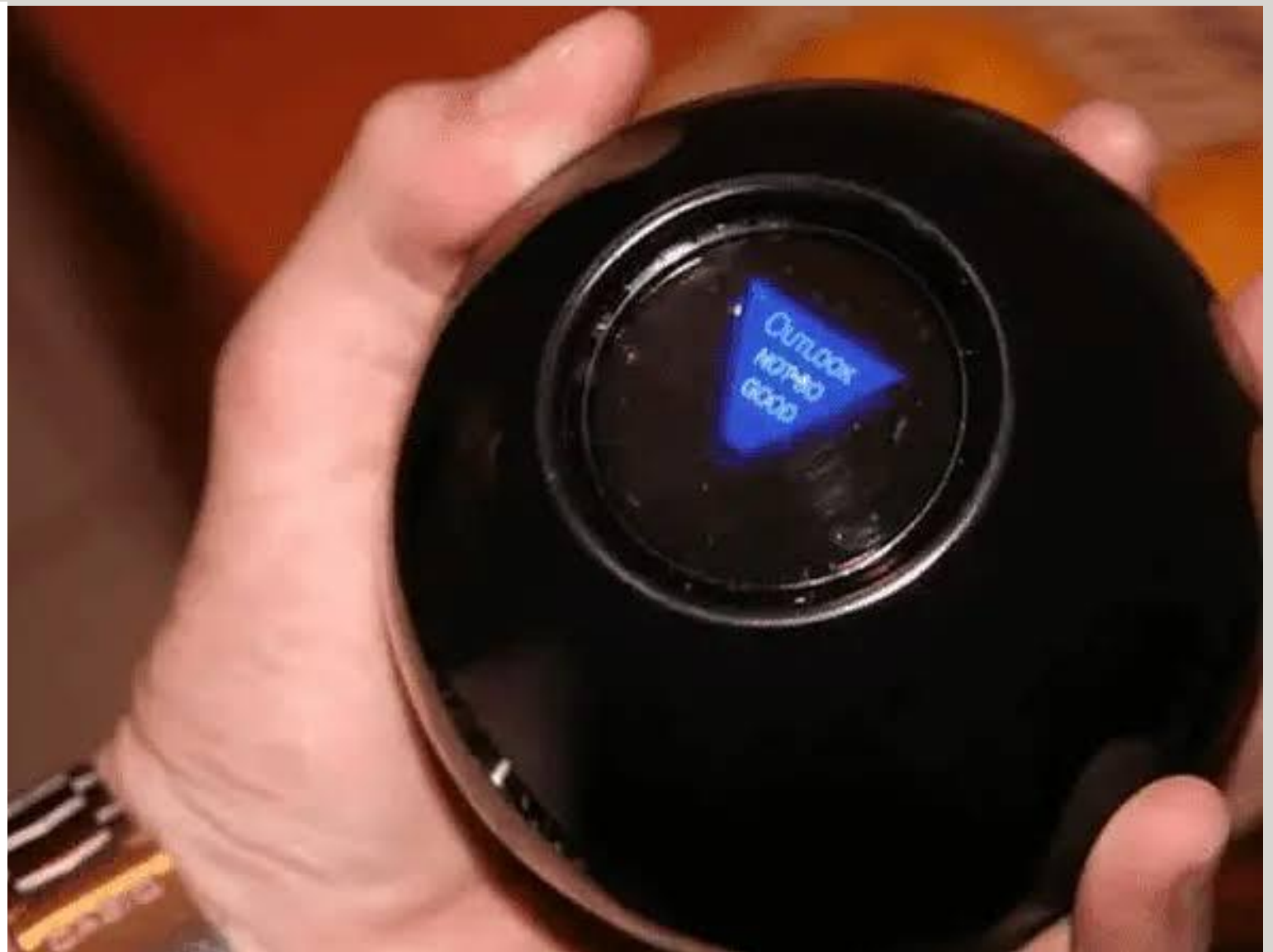
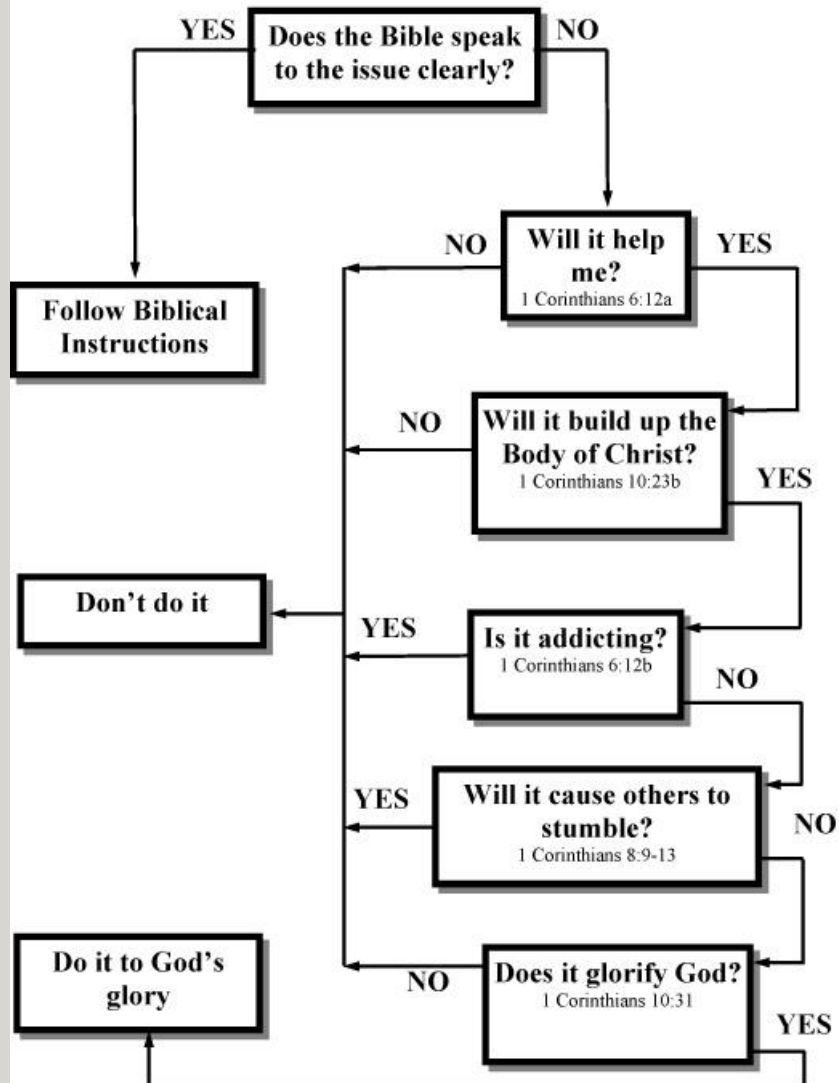
Let's Talk About Choices



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So the
BIG
question
is...



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When faced with equally
“right” choices, how do I
know what I should say yes
to and what deserves a
gracious no?

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Every YES
requires a
sacrifice!!!!

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Every NO
requires a
sacrifice!!!!

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WHAT WE WANT ARE.....

- Signs to follow?
- Feelings to guide us?
- The timing to work out?
- God to supernaturally reveal to me His perfect will!



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WHAT WE SHOULD CONSIDER

- What are the eternal benefits?
- Would this be good stewardship of my time, talents, resources, bodies?
- What sacrifice with this yes/no require?
- Does saying yes to this rob someone else of the blessing?

WHAT WE SHOULD CONSIDER

- Am I yielding to the Holy Spirit?
- Do I need wise counsel?
- What are my motives?
- Is this the “good portion” the “necessary thing”?

WHAT WE SHOULD CONSIDER

- What is my current purpose, calling, or mission, in living out the Greatest Commandment and the Great Commission?

WHAT WE SHOULD CONSIDER

- Does my decision line up with this purpose or is it a distraction from the one necessary thing?
- Have I been praying for wisdom and confessing sin, so that I can make the Godly choices?

WHAT WE SHOULD CONSIDER

- Is NO the right answer?

Should We Be Like Mary or Martha?

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