

Food for Thought – Luke 10:38-42
July 18, 2010

1. As you read this story about the sisters Mary and Martha, who do you identify with most? Why, and in what ways?

2. What things in life tend to worry or distract you? What seems to take most of your time and attention?

3. If you could make a change in how you spend your time, what would it be? What would it take for that change to happen?

Loving God, free me from needless worries and distractions, and help me to become more mindful of what is truly important in life. In Jesus' name, Amen.