

Find Time To Find Jesus In The Middle of Busyness

By Doug Fields - Thriving Marriages email - December 2, 2021

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or only one. Mary has chosen what is better, and it will not be taken away from her.” – Luke 10:41-42

In Luke 10:38-42, Jesus visits the home of two sisters, Mary and Martha. Mary enjoys connecting with Jesus, but Martha is preoccupied with the busyness of hospitality and meal preparations. When busy Martha complains about lazy Mary, Jesus responds by saying, “Mary has chosen what is better.”

The lesson is painfully clear: connecting with Jesus is a better choice than busyness.

There will always be more to do! Know what I mean? There’s a business lunch on Tuesday, soccer practice for the kids twice this week, neighbors coming over for dinner, two games on Saturday, bills piling up that need attention, planning an upcoming trip to the Grand Canyon, and a to-do list so long that you’ve added “get through the to-do list” to it. There’s a lot going on *now*.

So many of us are tired of rushing from one activity to the next, constantly checking our schedules, arriving late and always feeling a bit elsewhere after we arrive. There’s a gnawing sense in our guts that we can’t keep up the pace...and truth be known, we don’t want to. Most people I talk to are tired of being tired all the time, tired of the emptiness that comes from too much busyness and not enough God.

Thankfully, God offers a better way than running on empty. He invites us to walk instead of run and find rest for our weary souls. That’s what the fullness of life is all about. It’s not the same as being busy all the time (even busy doing good things). The invitation is to sit at the feet of the Person who is the source of all fullness.

Yes, there are real tasks to accomplish today, just as there were in Mary and Martha’s day. But never forget that Jesus affirmed Mary’s choice as best. Today, make the choice to accept Jesus’ invitation of connection and rest.

GOING DEEPER:

1. *In what ways have you seen busyness in your own life detract from connecting with Jesus?*
2. *What choices do you need to make in order to free yourself to connect with Jesus?*

FURTHER READING:

Luke 10:38-42; Matthew 11:29; John 10:10