

**practicing
the way**

**be with Jesus
become like him
do as he did**

The Better Part

Luke 10:38-42 NRSV

Now as they went on their way, he entered a certain village where a woman named Martha welcomed him. She had a sister named Mary, who sat at Jesus's feet and listened to what he was saying. But Martha was distracted by her many tasks, so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her."

- Luke 10:38-42

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- Luke 10:42

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- Luke 9:23

Then he said to them all, “If any wish to come after me, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. For what does it profit them if they gain the whole world but lose or forfeit themselves?

- Luke 9:23-25

The point of Sabbath:

- if it's an errand - don't do it
- if it feels like work - don't do it
- if it draws you closer to Jesus - DO IT
- if it is life-giving - DO IT