

Grateful to Be Included  
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Text: Luke 10:38-42 NIV

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

### Introduction

We are entering the crazy season.

We live in a culture in which being exhausted is a badge of honor. In which failing to care for yourself is seen as a good thing. And a lot of what we talk about as self care is just about consumption. Another holiday-themed drink or weekend getaway is not going to make us more whole, or more able to do the good work in the world that God intends for us to do.

Gratitude for our greatest and most finite resource: Time. When we are anchored in gratitude for the time we have been given, we are good stewards of it.

three things happen:

- We are generous with our activity
- We are generous with our inactivity
- We are generous with ourselves toward others.

Martha and Mary are, undoubtedly, both grateful for the opportunity to host Jesus and his friends. They express that gratitude differently.

There are many Martha's in this room this morning. There is a lot of Martha in me. I am grateful for the gospel, I am grateful for salvation, I am grateful for all the ways God takes care of me. Of course I want to stuff for God.

But there is a problem with "doing stuff for God."

The problem is not activity, but anxious activity. It isn't doing business, but filling every moment with empty busyness.

Mary SITS. Mary wastes time **with** the Lord, instead of doing stuff **for** the Lord. She embodies the heart expressed in Psalm 27

Psalm 27

4 One thing I ask of the LORD,  
this is what I seek:  
that I may dwell in the house of the LORD  
all the days of my life,  
to gaze upon the beauty of the LORD  
and to seek him in his temple.

5 For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his tabernacle  
and set me high upon a rock.

The Lord does not chastise the effort Martha

The Lord gives permission and praises contemplation.

Notes

**This from a book report I did on Frances De Sales, *Introduction To the Devout Life*.**

One section I found particularly encouraging was entitled "We Must Watch Our Affairs Carefully but without Eagerness or Solitude" (151ff). This section is particularly pertinent to me as my family undertakes to sell our home and move to a new community for new jobs. De Sales begins, "The care and diligence with which we should attend to our concerns are very different from solicitude, worry and anxiety." Drawing from the gospel account of Jesus' visit with Martha and Mary, De Sales notes that Martha was chastised by the Lord not because she was working hard to provide hospitality to him, but because "she was overconcerned and disturbed and therefore hurried about and troubled herself (152)." De Sales sees it as good **stewardship** to work diligently in the responsibilities given to us by God, but not to the point of worry or the belief that it is contingent upon us to make things happen. "Above all things, take heed that you never leave his hand and his protection, thinking that thus you can gather more or gain some advantage. If he should forsake you, you will not be able to go a step further without falling to the ground (153)."

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