

Commit a specific length of time to prayer, and keep to it, regardless of how urgent a task might seem. Make a calendar event for your prayer time and honour it as you would a work meeting.

TIPS FOR DEALING WITH MARTHA

If you find yourself worried that you will forget Martha's "to-do" list, keep a piece of paper or a notepad beside you to jot them down. Then quietly turn your attention back to God and act on them later.

TIPS FOR DEALING WITH MARTHA

## MARY &amp; MARTHA

TIPS  
FOR  
DEALING  
WITH  
MARTHA  
(DISTRACTION)

"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. 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!"

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

**Luke 10:38–42**

BEING  
MARY  
IN  
A  
MARTHA  
WORLD

HOW DO I DEAL  
WITH DISTRACTIONS?



REMEMBER THAT GOD  
WANTS YOUR ATTENTION  
BECAUSE HE LOVES YOU.

GIVE HIM THE TIME TO DO SO!



Perhaps talk to God about your distraction: "If you want me to call \_\_\_\_\_ then remind me in fifteen minutes. And what does he/she most need to hear today?"

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