
“Choose What is Better”

Children’s Sermon on Luke 10:38-42 “In the home of Mary and Martha”



Children’s Message: Slow Down and Be...Choosing What is Better

Main Objective: In this day and age, being busy is considered a badge of glory. We are obsessed with doing, producing, accomplishing, achieving, and keeping up or getting ahead of those around us. Even in the church, we sometimes lose sight of the most important components by looking at how much we know or how much we do. The story of Martha and Mary may be a familiar one, but it is always a positive reminder of the importance of resting in God’s presence.

Law/Gospel Theme: The Law often seems to threaten or condemn us if we do not do all the right things. The glory of the Gospel is that Christ has done the work for us already. We cannot and do not need to earn God’s love in any way. We already have it! All we need to do is receive His grace and rest in His presence.

Optional Materials: Children’s Bible, stuffed animal/toy

Bonus Ideas: Some more inspiration for your teaching (offsite links)

- Watch our video [teaching example](#) of this children’s lesson
- Browse [sermons for kids](#) or see our [Mary & Martha Sunday School Lesson](#)
- See the [“The Most Important Thing”](#) from Sermons 4 Kids

Note: All elements are open to adjustment. Cater to the needs and ages of your group

Children's Message: Mary and Martha

Greet students, carrying a Bible and a small toy/stuffed animal. Begin the chat in a bit of a rush, hurrying students through a series of questions...

Hello! So, how are you guys doing today? What have you been up to this weekend? *(Take a few answers, but cut students off before they get too detailed, explaining that you don't have much time)*

Okay okay, we need to keep going...let's move on, we need to learn about Jesus and we are actually taking a very quick quiz about Bible stories. What is your favorite Bible story or Bible character? Come on, quickly now, we don't have all day; favorite Bible character- go! *(Rush children through answers...)*

Well, here are some Bible stories I have *(Hold up illustrated Bible or pictures of stories)*: what's in this picture? Who is this one? Hurry, hurry, I hope you know these? What's this one? *(After flipping through several stories, slow down somewhat)*

Well, it might have felt a little rushed and stressful to have all of those questions thrown at you so quickly, huh? I have another question...how do we get to Heaven? How do we get God's love? *(Take a few answers)*

Do you think we have to do special things to be better Christians?

Well, sometimes we think that we have to do certain things or know certain things in order to be a "just right" Christian or have God love us more. We get caught up in hurrying through life and thing we look better if we go to church a lot or do a lot of important things. But you know what? There is nothing we can do to earn God's love. And there's nothing we need to do to earn His love! He already loves us, and all we have to do is accept His love and know that Jesus died for us. He did all the work. And He wants us to just be ourselves and enjoy His presence.

There is a story in the Bible about two sisters who had Jesus over for dinner. One of them was named Martha. Martha was very busy, and she was rushing around preparing for Jesus. She was cooking and cleaning and working, and she got upset because her sister, Mary, was just hanging out with Jesus. She wasn't helping do the work but just sat listening to Jesus talk. Martha got upset and asked Jesus to yell at her about it. But He told her Mary was the one doing the right thing. It was not as important to do things for Jesus as it was to spend time *with* Him. Jesus didn't want a dusted floor or fresh loaf of bread. He wanted people. And that is how He feels about us, too! What's important is not just what we know or say or do...it's how we love God. We can breathe and pause and rest in His presence. He is always there for us!

(Hold up small toy) Look at this...what does it do? Does it sing or cook or dance in circles? No. But we can enjoy it just for what it is. That's sort of how God feels about us. He made us, and He doesn't require any special activities. He loves us just because we are His children! So remember, there's nothing wrong with doing things for God. But that is not the most important thing. We can rest in Him and know we are part of His family, no matter what else we do. Isn't that great news? Let's thank God for that...

Prayer: (Have kids repeat each line, if desired)

Dear God,
Thank you for the words of the Bible
Thank you for making us part of your family
Help us to slow down and breathe
And rest in your presence
Thank you for your love
We love you, God!
Thank you for Jesus
In His name, Amen!

Luke 10:38-42 NIV

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 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](#)

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I'd love to hear your feedback on this download. Tony@ministry-to-children.com

May God bless you and continue to bless your ministry!