WHAT THE BIBLE SAYS ABOUT

A CLOSER LOOK AT MARY & MARTHA

A One Week Bible Study on What the Bible Says About Anxiety and Panic Attacks Using the Story of Mary & Martha by Tara Wall

NAME AND DATE STARTING THE COURSE



My Sweet Friend,

Anxiety is a real thing, and it is a thief.

It is a stealer of joy, of time, and especially of hope.

It is a tool used by the enemy to keep us from living God's best plans for our lives by catching us on the spin cycle in our minds.

It keeps us from fulfillment and magnifies our fears.

But just like every other problem in the world, if we turn to the Word, we will find our answers waiting there.

So if you want to discover what God says about us and our lives, and you are ready to do some reframing and rethinking of old mindsets to set you on a better path, join me here in this study as we learn how to fight overwhelm using the Word of God.

Thank you so much for coming along. I cannot wait to see what He does!

So much love to you,

Jara



PART ONE

Fill in your name and the date you are starting this week's study. (You will want to keep this for future reference!)

PART TWO

Read the welcome letter and the contents of this study to get yourself familiar with where we are headed.

PART THREE

Read over the study pages and the scriptures we are using for our lesson. Use any version of the Bible that you'd like.

PART FOUR

Go over all five study prompts provided. You will choose one of those for each day of the week. Use the Calendar to chart your progress.

PART FIVE

For the two days you don't choose a prompt to meditate on, use the journaling option. There is a Note Page provided, or fill your own journal, there is no wrong way to do this!

PART SIX

Read the Final Thoughts Page for the study and fill out your Declaration for the week. Use the extra note page for thoughts or questions and enjoy the bonus printables.

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© Goal Detail

Goal Summary Write your SMARTER goal

Key Motivations Write then rank your key mot

MARY & MARTHA

LUKE 10

Read Luke 10:38-42.

Let's break it down:

38. Jesus made friends all over the region, and it helped Him as He traveled to find comfort, rest, encouragement and food while taking on a very difficult mission.

Notice here: the Bible specifically says "a certain woman named Martha" received Him into her home. Martha gets the credit for running the home.

39. She had a sister named Mary who ALSO sat at Jesus' feet and heard His word.

To sit at Jesus' feet means to be taught by Him. It is not a literal, physical translation. It was common vernacular at that time to mean discipleship. (See Acts 22:3)

So from this verse we can understand that BOTH women were disciples of Jesus. One ministered locally. One traveled the land.

40. Martha was under constant stress due to the work of the ministry at home, so she asked the Lord to go find Mary and command her to come home to help her. This means Mary was not home. The Greek word used to describe Martha's work is diakonein which means "to minister." Martha was ministering to her local community and was weary from all the work and tired of doing all the things by herself. She felt abandoned and deserted by her sister, and she wanted Jesus to fix her problem in the natural. It is hard to be the one who has to stay by the stuff, but that reward is just as great. (See 1 Samuel 30:24)

Jehovah El Roi -The God Who Sees-





- 41. Jesus responds with what He sees about Martha.
 - First, He uses her name. Twice. He called her by name twice. He was verbally recognizing who she was and validating that He SAW her.
 - Then, He calls out her real problem: She is careful and troubled about many things.
 - The word careful translated is merimnas, which means "anxious to the point of being divided into pieces."
 - The word troubled here is thorybaze, meaning "agitated to the point of panic."
 - Basically, Martha is about to have an anxiety attack and a panic attack about all the things.
 - It really had nothing to do with Mary, unless in the back of her mind she was entertaining a fear for her sister, knowing how she was out traveling in a man's world and wanted her safe at home. But that was not the root issue, and Jesus knew it.

42. He let Martha know that both jobs are important and necessary, and Mary was doing exactly what she was supposed to be doing, and He would not take that away from her.

- Jesus was not dismissing Martha, or her complaints of all the work she was doing.
- He was simply pointing out that bringing Mary home would not fix her problem.
- Taking the blame off of Mary made room for Martha to see the truth.
- She was tired and overworked from doing all the things at home locally and just wanted Jesus to make it better, so she projected her problems to the void of her sister to fix two of her problems.

"You cannot unite with other people until you are in unity with yourself. -A. Marshall



Jesus was setting the stage for us to learn how to get our own hearts in check every day.

'Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Philippians 4:6-7

To "sit at someone's feet" indicated that there was an intimate relationship between a rabbi and a disciple. Paul confirms this expression in Acts 22:3

"...brought up in this city at the feet of Gamaliel, and taught according to the perfect manner of the law of the fathers, and was zealous toward God, as ye all are this day."

Make sure you are "sitting at the feet" of the right person. It matters.



Guard your heart.

"Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23

I wonder what the conversation playing on repeat in Martha's head was like. I mean, she had worked herself into such a tizzy she was speaking plainly with the King of kings and could not care less. Thankfully, Jesus saw so much more than her accusation, and his discernment helped gain Martha her breakthrough.

What mantra are you playing in your own head? Is it edifying or triggering? Make it matter.



Know what you are called to do.

We all have those "tidal wave" moments where we get inundated with life and it literally feels as though we are drowning. Clearly, Martha had hit that stride by the time we read about her here. Her first instinct was to try to fix it in the flesh, and if she had any twinge of jealousy, it was here towards her sister.

May we (first) not attempt to fix our problems in the flesh, and (second) never try to blame someone else in making them the solution.

" And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Micah 6:8



Acknowledging mental health was important to Jesus.

Jesus went straight for the root cause when speaking with Martha, and was uber clear that panic and anxiety over the ministry she had was the problem.

Jesus was the first rabbi ever recorded to have women as disciples. Can you even imagine the shock waves this created? But He was setting an example for all of us in doing so. ALL are welcome in Him. Matter of fact, any culture that excludes women from fulfilling their calling is operating in a spirit of antichrist. There has been enmity between the devil and women since the curse at the fall in the garden, and we will spend our days on this side of heaven fighting that spirit until Jesus comes back in that final victory.

Don't play the devil's mind games. Don't question what you know God has already spoken. Hold fast to your promises and don't let go.

"Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand."

Ephesians 6:13

Motes

Final Thoughts on This Week's Study

There are some beautiful paintings out there depicting scenes of Mary sitting at the literal feet of Jesus. While it is possible that something like that may have actually happened, it is very unlikely. If you were a disciple of Jesus, you were learning. You were working. You were serving. You were growing. Sure there were times of rest and quiet and small group training, etc., but it was all mingled with hard work.

So keep that in mind next time you are wrestling with that image of sitting at His feet. We absolutely need to carve out that quiet time to learn and listen in to what God is saying each day. But Mary wasn't doing that INSTEAD of helping Martha. She was already out on the mission field doing her part, and Jesus made it very clear that He would not call her off the field in order to please her sister. Own your season and get going. Part of your worship is your servitude to your King and calling.

> We all have seasons in life that make us feel as though we are drowning and hurting doing what God has called us to do. It can be very tempting to look around at others during those painful, confusing moments and blame others for our hardship. But if we truly believe that God is in control and that we are doing what we are called to do, we must dig deep in those moments and lean in to His promise that He will make a way where there seems to be no way. We must shake off the idea that we have the answer to someone else's calling and let God be God in their lives, as well as ours. Ask Him if you've taken on a yoke that doesn't belong to you, give up anything that doesn't belong on your plate, and leave the rest up to Him. That is our chance to showcase our faith by letting Him settle our souls in peace.

Journal Time

It's time to get quiet before the Lord and honest with yourself.

Dig deep and reflect on your walk with the Lord. Think about the highs and lows, the joy and pain, the mountains and valleys. All of it.

Write down the times in your life when you knew you were spiraling in your day-to-day life, but you were too triggered to stop and listen so you blamed another person for your pain.

Maybe you recognized the spiral and actually stopped to address your panic, but life needs called you back so you resorted to blame again.

Maybe you did the hard thing and accepted that God had called you into a hard thing, and you dug deeper until He brought you through and your life was changed because of it.

For every instance, think it through, write it down, and either repent for where you fell short or thank Him for how He showed up.

Give it all to Him and get ready for the next assignment.



This Week

Pick five days this week to carve out time for each of the five scripture points shared above. (Journal on the days you don't choose a verse.) Spend some time reading the verse alone, and then the entire passage to grasp more context. Share your thoughts from each day in the space below.

Mon	
Jues	
Wed	
Thurs	
Fri	
Sat	
Sun	





Why God Comes to Women

Originally Written by Heather Farrell

Have you ever noticed how in the scriptures men are always going up into the mountains to commune with God? Yet in the scriptures we hardly ever hear of women going to the mountains, and we know why—right? Because the women were too busy keeping life going; they couldn't abandon babies, meals, homes, fires, gardens, and a thousand responsibilities to make the climb into the mountains!

I was complaining about this to a friend the other day, saying that even as a modern woman I feel like I'm never "free" enough from my responsibilities, never in a quiet enough, or holy enough spot to have the type of communion I want with God. Her response floored me, "That is why God comes to women. Men have to climb the mountain to meet God, but God comes to women where ever they are."

I have been pondering on her words for weeks and have searched my scriptures to see that what she said is true. God does in deed come to women where they are, when they are doing their ordinary, everyday work. He meets them at the wells where they draw water for their families, in their homes, in their kitchens, in their gardens. He comes to them as they sit beside sickbeds, as they give birth, care for the elderly, and perform necessary mourning and burial rites.

Even the women at the empty tomb, who were the first to witness Christ's resurrection, were only there because they were doing the womanly chore of properly preparing Christ's body for burial. In this seemingly mundane and ordinary task these women found themselves face to face with divinity.

So if— like me—you ever start to bemoan the fact that you don't have as much time to spend in the mountains with God as you would like. Remember, God comes to women. He knows where we are and the burdens we carry. He sees us, and if we open our eyes and our hearts we will see Him, even in the most ordinary places and in the most ordinary things.



Final Thoughts on This Study

My friend,

We did it! We have officially made it through our one week study! My hope and prayer is that you feel closer to God than ever, and more motivated than ever to seek Him and do His will. Have you been impacted, changed and challenged? We would love to know how at tara@considerthefields.com.



Please know that this is just the beginning of the rest of your life, and we are just getting started in digging in to the goodness of God.
Watch for new resources, courses and studies coming out later this year. We would love to have you come along the journey with us, and we are so rooting for you. So much love to you,