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Luke 10:38-44

"I want everything to be perfect, so I worry about getting it all done!"

An upstate New York couple handled worry in an ingenious way. The husband was the worrier, so he and his wife decided that she should do all the worrying. "The only problem," he said, "was that then it never got done." If only resolving worry problems were that easy! Being a worrier and letting worry control your life is difficult for all involved. What's more, it is a sin against the first commandment where Martin Luther, in his explanation, says we should fear, love and trust in God above all things. Trust does not allow for worry.

Martha, the sister of Mary and Lazarus, and friend of Jesus, was a worrier. She wanted things to be 'just right,' especially when Jesus was their guest. Jesus' closeness to the family is apparent. The Bible tells us that when Lazarus died, Jesus wept. We picture the three of them often welcoming Jesus into their home where they became close friends – almost family.

Early on in His ministry Jesus came to the home of Mary and Martha. We know Martha was very concerned about the needed preparations for having Jesus as their guest. We can picture her hurrying and scurrying about, cleaning every nook and cranny and making sure the best possible food was prepared. She might have been frustrated because things weren't getting done fast enough. When Jesus arrived and the preparations were still not complete, Mary's sitting down and listening to Jesus was the last straw! Martha complained to Jesus and He reminded her to put first things first. He never told her the preparations were wrong, but that she simply had her priorities mixed up.

Martha, a woman and close friend of Jesus, had a worry problem. Jesus gently reminded her that the worries and cares of the world must never get in the way of putting God first. Being a listener and disciple like Mary was the better choice. We are to be good managers and stewards of the things God has given us. We must use our time wisely to manage God's gifts – to keep up our homes, feed and care for our children, or be faithful employees. All these things are important in the life of a Christian...but God must come first. The worries and cares of the world must never draw us away from Him.

In the explanation of the first commandment, Martin Luther says we should fear, love and trust in God above all things. Worriers find that very hard. They tend to trust in their own abilities, and when things go wrong, find it hard to cope. Putting trust in the Lord, turning the worries and cares over to Him is a much more desirable choice!

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Prayer: Heavenly Father, You take such good care of us. So often we choose to go our own way. We ask You to give us a bold faith that trusts You in all circumstances. Do not let the worries and cares of the world get in the way of coming to You. Keep us faithful in worship and prayer. This we ask in Jesus' Name. Amen.

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