



## SHEROES & CHAMPIONS OF THE NEW TESTAMENT

### Women Disciples – Mary and her Sister Martha

### Women's Discipleship Group - Terri McFaddin

### Series #1 Lesson #5

**Scripture Focus:** ...*And a certain woman named Martha welcomed Him (Jesus) into her house. And her sister Mary, who also sat at Jesus' feet and heard his word. But Martha was distracted with much serving...(Luke 10:38-40).*

**Key Word:** Distracted: (Greek-Epibareo) To be heavily burdened; weighed down; pulled away.

#### OPENING STATEMENT:

Mary of Bethany is noted among the women of the early Christian era that attended the first school of theology where Jesus was the teacher. The term “sit at the feet” is a phrase that denotes one who submits themselves to another for the purpose of learning, worship, and serving.

Acts 22:3 tells us that the Apostle Paul studied at the feet of Gamaliel, a famous Jewish scholar. In the scriptures that follow the event of Mary sitting at the feet of Jesus, there is enough teaching going on to earn several degrees! In Luke 11:1-4, the disciples (which may have included Mary) asked the Lord to teach them how to pray. Jesus taught the Model Prayer. This was followed by teachings on persistence, asking and receiving, unity in the body, unclean spirits, keeping God's Word, and hypocrisy.

When it comes to learning about Jesus, the greatest challenge is overcoming *distractions*. By definition, *distraction* means to lose focus or to be pulled away from what is really important. This can happen easily if you are overloaded, overworked or overextended.

Mary's sister Martha was gifted at serving and hospitality, but she became completely overwhelmed and lost sight of what was important to Jesus. He wanted to train them both to be spiritual champions. In the past, Jewish women were not allowed to sit at the feet of a Rabbi and learn. Martha could not see that sitting at the feet of Jesus was a once in a lifetime opportunity.

Becoming a skillful champion, capable of winning battles and defeating opposition is a long and difficult process. It takes 3 important steps: **Skill, discipline and commitment**. Mary became a champion because she mastered the art of keeping Jesus first in her life. She wanted to be the best disciple. She knew she would be criticized, but with all the time that Mary spent at the feet of Jesus, there is no doubt that she had great spiritual power. Martha, on the other hand, spent so little time at the feet of Jesus that she probably had little spiritual power.

If you spend little time in study, prayer, and worship, then you will have little power. But if you spend a lot of time in study, prayer, and worship, then you will have great spiritual power.

