

Martha & Mary

Remedies for **ANXIETY & WORRY**

Enjoy the Moment!

Luke 10:38 Now as they were traveling along, He entered a village; and a woman named Martha **very warmly** welcomed Him into her home.

39 She had a sister called Mary, who was **also** seated at the Lord's feet,

listening to His word.

40 But Martha was ~~distracted with all her preparations~~ **running around in circles** with all her **dishes**;

and she ~~came up to Him~~ **burst in on Him**

and said, "Lord, do You not care that my sister ~~has left me to do all the serving alone? Then tell her to help me."~~

keeps leaving me to prepare all the dishes alone? Make her help me."

41 But the Lord answered and said to her, "Martha, Martha, ~~you are worried and bothered about so many things~~

you keep being drawn away with so many **dishes**;

42 but only one ~~thing~~ **dish** is necessary,

for Mary has chosen ~~the good part~~ the **best dish on the table**, which shall not be taken away from her."

Ephesians 2:10 For we are ~~His workmanship~~ His **masterpiece**, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Matthew 17:20 If you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you."

Psalms 94:19 When my anxious thoughts multiply within me, Your consolations delight my soul.

Psalms 40:6 Sacrifice and meal offering You have not desired;

My ears You have opened

Psalms 118:24 This is the day which the LORD has made; let us rejoice and be glad in it.

Matthew 6:34 "Do not worry about tomorrow; for tomorrow will care for itself."