

## 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."