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# Slow Down! Make Time for Jesus

*Children's Sermon Message & Bible Object Lesson on the story  
of Mary and Martha from Luke 10:38-42*

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**Lesson Objective:** As adults, we recognize that it can be easy to grow too busy or distracted by life, and neglect spending time with the Lord.

Children might not have quite the same load on their plates from scheduling, but are easily distracted by things. This message focuses on reminding kids of the importance of sitting in the presence of Jesus and listening for His voice. The lesson uses an example of distraction to emphasize how we can pay attention to God when we sit still and listen to Him. God loves us no matter what, and wants us to spend time with Him!

**Law/Gospel Theme:** God created us to be “human beings”, not “human doings”! In the eyes of Jesus, it does not matter how much we do for Him, but rather that we spend time with Him. We can do all sorts of activities for and with the church, but that does not win us salvation or “Heavenly points” by any means. Jesus took care of the costs, and wants us to spend time with Him, listening to His voice and sitting in His presence. The story of these two sisters reminds us that the most important thing we can do is accept and embrace His genuine grace.

**Optional Materials:** (Optional) Cleaning items or things used to do chores; prizes.

**Bible Passage:** Luke 10:38-42

## More Teaching Activities on Mary & Martha

- Watch our [video demonstration of this children's sermon lesson](#) and [Bible craft activities for Sunday School](#)
- Compare the free [Luke 10:38-42 Sunday School Lesson on Martha and Mary](#)
- Compare another [Bible Story Lesson about Mary & Martha for Kids](#)
- Compare another [children's sermon on Martha and Mary from Luke 10:38-42](#)
- Browse all the [Martha & Mary teaching activities for kids from Ministry To Children](#)
- Download the [free Mary & Martha Bible lesson from the Sunday School Store](#).

**Message:** Note: As with most messages, the details of how you choose to communicate this are adaptable and should cater to timing as well as to your audience and student needs.

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## Mary and Martha Children's Sermon from Luke 10:38-42

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*Greet children, and assign them with some random tasks...*

Hello, children of God!

I need some volunteers...who can help me? *(Take a few volunteers from the group, and assign varied jobs to each student.)* I have a few tasks that I'd like each of you to do. I want you to take this cloth, and work on cleaning off the window over there...and I'd like you to go to the back row, and pass each person one of these mints. Now, for you, I want you to go into that back corner, and sing the alphabet song twice. *(Select whatever places and tasks you feel would take attention.)* Okay, while they are doing that, I want to share part of today's story with the rest of the group...

*(Begin to tell the story of Martha and Mary)* So today's story has to do with Jesus and some of His friends. There were two sisters named Martha and Mary. They had a brother named Lazarus. This was actually the same Lazarus who Jesus raised from the dead, but that's another story...anyway, Mary and Martha lived in a place called Bethany. Jesus came to visit them, and Martha was making dinner. *(Pause the story and invite the "workers" to return.)* Oh, I think our friends are done with their tasks now. You guys can come back over here! I was just starting to share about a time when Jesus went to visit friends. I wonder who was paying attention. Did anyone catch the name of those women Jesus went to see? *(Ask a few questions about the part of the story that was already covered. Hopefully, the students who were seated nearby will be able to answer, while the ones busy with other tasks might not be familiar with what was discussed).*

So it was a little easier to listen to the story when you were sitting close to me and paying attention, wasn't it? Those of you who were busy taking care of tasks might have been a little distracted and not able to hear as well. This reminds me of something that happened in the Bible story today. Jesus went to have dinner with some friends of his. These were sisters named Martha and Mary. Now, Martha was busy making sure everything was ready for the visit. She was cooking and cleaning and hurrying around. Mary, her sister, was sitting at the feet of Jesus. She was listening to Him teach, along with the disciples. Martha got upset that she wasn't helping with the meal preparation. She came and asked Jesus to tell Mary that she needed to help. Do you think Jesus did? Actually, no! He turned to Martha and kindly said her name. He told Martha that she was worried about everything, but that Mary had actually chosen what was more important. Mary knew that spending time with Jesus was even more important than doing chores for Him.

We can remember, through this story, that God wants us to love Him and spend time with Him. Sometimes our lives get busy. We might be involved in sports or activities, and miss out on time to go to church or Sunday School. Or maybe we are doing things for God, but forgetting to pray or read our Bibles. There are things we might get caught up in that are helpful, but not as important as Jesus. At the end of the day God isn't worried about how many chores we do for Him. He doesn't want us to just do things, but to sit still and just be. He has made us to be human beings, not human "doings." Nothing we do will earn us God's grace or make Him love us more somehow. He just wants us!

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So remember to slow down and be still for Jesus. In the midst of our busy schedules, we need to take time to pause and rest in God's presence. Remember His love and care. Sit and pray, and express your genuine love for the Lord.

Why don't we say one of those prayers now?

**Children's Prayer Moment:**

(Have kids repeat each line)

Dear God,

Thank you for loving us no matter what

Help us to remember the importance of resting in you

Help us to listen for your voice without distractions.

Thank you for your love

We love you, God!

In Jesus name, Amen!

**Bible Verses/story to Reference: Luke 10:38-42**

*As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*

*41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." -Luke 10:38-42*



Thank you for downloading these free materials. Our team is grateful for your trust and pray that God will bless your ministry.

This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through Ministry-To-Children since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader. In addition to children's curriculum, she shares her student ministry activities and lesson ideas on [YouthGroupMinistry.com](#)

My name is [Tony Kummer](#) (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. Don't miss our new websites; [Devotional Christian](#) and [10 Bible Verses](#) to help you focus on personal prayer and quiet times.



[Reader donations](#) and your support at [The Sunday School Store](#) fund these free materials. Please keep us in mind when you are choosing your next children's ministry curriculum. If you enjoy our material, be sure to [sign-up for my free email newsletter](#) called "Sunday School Works!" Every Tuesday, I send the latest new lessons, crafts, and coloring pages in print-friendly format to make your lesson planning easy. May God continue to bless your ministry!

*Tony Kummer*