

A person checking the time on their Apple Watch.

Anna Schmitz

*Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'*

### **Luke 10:38-42**

What is the passion in your life? Do you spend a lot of time wishing you could do something else, particularly at this moment of global crisis?

Martha welcomes Jesus, and she serves Jesus in practical ways. She wants to do the right things. How can this be wrong? Somehow, amidst the mental activity and busy routine, she risks losing the one thing that is needful. She is understandably cross with her sister. Perhaps she is jealous? Does she really want to be at Jesus's feet too – or is the activity a way of avoiding that?

Our passions to do what is right are vital to society and human wellbeing, and we cannot do without them, but they easily become an end in themselves. They lead us away from other priorities. They master us and consume us. Mental and spiritual wellbeing require that we keep them in context.

### **A “Have a Go” habit: The cup**

- To help with the “one thing”...being with Jesus... attach your daily habit of sitting with Jesus for a few minutes to an object eg a Mug or cup and a certain chair / seat.
- Sit still before the day gets going and hold a cup in both hands.... know you are held.
- Repeat, breathe in or meditate on [Psalm 46:10](#) “Be Still and Know that I am God!”



## Looking for support?

Explore services and organisations that can offer help and support

A boy sitting on the floor looking up at a group of adults in black and white.

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## Next reflection

Read the next reflection in the series

The *#FaithAndMentalHealth* reflections were written by Rev Prof Chris Cook. Ruth Rice developed the "Have a go" habits.

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