



LESSON PLAN

Scripture Texts:

Luke 10:38-42

Galatians 2:15-21

Session Theme:

Priorities

a. Welcome to Class

Teachers should arrive in the classroom well in advance of class. Welcome students as they enter, and inquire about their week. Pass out name tags and record attendance on a classroom chart.

b. Warm Up: “Are You Listening?”

Roll a piece of construction paper into a cone shape, and staple it to keep that shape. Ask kids what it might be useful for. Let them come up with as many answers as possible. Hold the cone with the narrow end at your ear, and have someone speak into the wide end. Explain that before hearing aids, older people sometimes used “hearing horns” to listen well. Why would they do this? Because the person speaking was important to them, and they didn’t want to miss out on what was being said.

In today’s story, two women were visited by Jesus. One was too busy to listen to him, but the other dropped everything and sat down right at his feet. She wanted to hear every word he had to say! How did Jesus react to this? Let’s start our lesson and find out!

c. Opening Prayer

Lord Jesus, we can get so busy with our own tasks that we forget to spend time with you. Help us to slow down and listen to your Word. In your name we pray. Amen.

d. SEED Video or Song (Optional)

The teacher may introduce the lesson by playing the video clip from the SEED website. This time may also include an opening song or two, using a commercial Sunday School music CD.

Song suggestions for this lesson:

- “I Shall Not Be Moved” (children’s song)
- “Seek Ye First the Kingdom of God” (hymn)

e. Brief Bible Background

Read together the introduction to the lessons for the day, and briefly summarize the context and setting:

- Today’s Lesson is from the New Testament
- Scripture Section: Discipleship

Jesus came to Bethany to visit his friends Martha and Mary. While Martha was busy running around taking care of the house and preparing meals, Mary sat at Jesus’ feet and listened to his teaching.

f. Communicate the Bible Story

Always keep in mind that the main purpose of Sunday School is to put people in contact with Bible stories. Use a version that is appropriate to the age level.

Upper Elementary: Read the Bible Story and Rhyme

Youth/Adults: Read the Scripture text from the Bible

For Upper and Lower Elementary, use the Storyteller questions to help students think about details of the story.

g. Complete the Worksheet(s)

Continue with the handout sheets appropriate to the age level of the students in class:

Upper Elementary: Worksheet and Drama

Youth: Bible Study (Maps, Timelines, Questions)

Adult: Bible Study Sheet (Introduction and Discussion)

h. Craft and Activity Time

If there is time after covering the Bible story, the class may move to craft and activity time, described on the following page. (Do not let the activity time supersede the actual time spent on the Scripture lesson.)

i. Summarize and Review

Before ending class, briefly summarize the day’s lesson one last time. If you have not already done so, introduce the Theme Word for the week, providing the definition, and asking how the lesson connects to that theme.

Youth/Adult: Discuss “Reflection for the Week Ahead”

j. Closing Prayer

Close the session in prayer before dismissal:

Upper Elementary: Practice a prayer from memory (e.g., the Lord’s Prayer, Luther’s Morning Prayer, etc.)

Youth/Adult: Use the ADTRC Prayer format



Bible Study Leader's Guide

The following is a discussion and answer guide for the Youth and Adult Bible Study sheets. For all leaders, it can serve to provide some background on the Bible lesson.

Discuss: Luke 10:38-42

1. When Jesus and his disciples came to Martha's house, how did she react? What did she do? Why do you think she did this?

Martha welcomed Jesus and his disciples and invited them into her house. Then, she got busy getting food ready for them. Not only was she one of Jesus' friends, she was excited to host him because she knew he was a holy man.

2. What did Mary do when Jesus came? Why do you think she did this, instead of doing what Martha did?

When Jesus came to her house, Mary did something different from Martha. Instead of cooking or cleaning, Mary sat down at Jesus' feet to listen to him teach. Like Martha, Mary knew that Jesus was a holy man. And because of that, she wanted to hear what he had to say.

3. Why did Martha get upset with her sister? Do you think you would have felt angry if you were Martha? Why or why not?

As hostess, Martha was trying to feed and serve Jesus and his disciples, and she was frustrated that Mary wasn't helping. To her, Mary seemed lazy for sitting down near Jesus. Most of us would probably be upset if we were left to do all the work.

4. How did Jesus respond to Martha? Does this mean the things Martha was doing were wrong or bad? What point was he making to her?

Jesus told Martha that he knew she was anxious about many things, but that only one thing was necessary: listening to him and learning from him. This was what Mary was doing already. He wasn't going to scold Mary for that, even though Martha hoped he would.

This story isn't saying that the things Martha was busy with were bad. But the lesson here is that sometimes there are things even more important! Jesus wanted her to know that.

5. Have you ever felt overwhelmed, like Martha? Why is it important for us to still spend time with Jesus even when we have a lot of things to do?

In life, it is easy to get overwhelmed with all the things we have to do. Stress can not only make us feel anxious and worried, it can actually affect

our physical health. Jesus once spoke about this to all of his disciples: "Which of you by being anxious can add a single hour to his span of life? ... Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you" (Matthew 6:27, 31-33).

6. How is this lesson a commentary on the Commandment, "Remember the Sabbath Day to keep it holy"? In what way does the Sabbath Commandment recognize and honor the importance of God's Word in our lives of faith?

God gave us the Sabbath Commandment so that we would remember to pause from the business of our everyday life. (The word Sabbath means to stop or take a break.) But to "keep the Sabbath holy" is to set that time apart in particular to hear and listen to God's Word. As Martin Luther wrote in the Small Catechism regarding the Sabbath, "We should fear and love God so that we do not despise his Word and the preaching of it, but acknowledge it as holy, and gladly hear and learn it."

7. When in your daily life do you set aside special time to be with God? Why is this essential to our faith?

God wants us to take time in our day to communicate with him — speaking to him in prayer and hearing from him in his Word. This can happen anytime and anywhere. However, the discipline will help you to focus on Jesus and your relationship with him.

For example, attending church each week, saying grace at mealtimes, and praying at bedtime can help us to develop good prayer habits. In the same way, having a set time to read Scripture daily, to attend Bible study, and be part of worship are ways we let God to speak to us.

8. Read Galatians 2:15-21. How does the story of Martha and Mary illustrate what Paul is saying here? If we are not justified by all the good works we do, how are we made right with God?

In a religious sense, you could say that Martha symbolizes the idea of "justification by works." She believed it was by working hard and doing the right things that she would be proved right in Jesus' eyes. But as Paul says, "we know that a person is not justified by works of the law but through faith in Jesus Christ, so we also have believed in Christ Jesus" Our faith is in him, not ourselves.

Classroom Craft and Activity Page

Listed below are in-class activities and craft projects related to the theme for the day. Choose one of the following based on the age and capabilities of the students. (Never let the activity or craft time take precedence over the biblical story.)

Activity 1: Sweeping Obstacle Course

Materials Needed:

- Broom
- Classroom chairs, books, and other objects
- Timer
- Ball



Instructions:

Martha was working very hard in today's story and felt a lot of pressure to complete her tasks. Yet her focus on work alone became an obstacle that stood in the way of listening to Jesus.

Before playing this game, use classroom chairs and other objects to set up an obstacle course.

Have kids line up, single file, at the beginning of the obstacle course. Show them how you want them to do the course, using the broom and sweeping the ball around different objects. Nothing but the broom should touch the ball (no moving it by hand or kicking/stopping it with feet), and the ball shouldn't touch the objects.

Explain that they will be playing this game as a group against the timer.

Set the timer, guessing the time it will take for the entire group to complete the course. Allow a couple of extra minutes so kids have a good chance of beating the timer.

After you say, "On your mark, get set, go," each person will take a turn doing the obstacle course before handing off the broom to the next one in line.

As they are doing this, you can add an extra element of humor by distracting them — waving your hands around them, standing in front of the broom, etc.

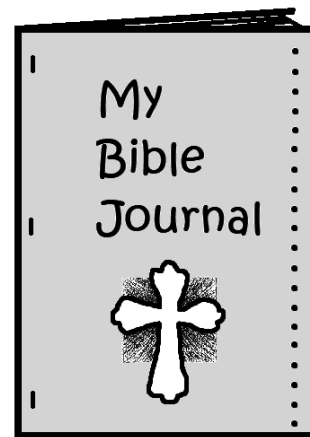
If they can all complete the course (without touching the ball with their hands at any point) before the timer sounds, they will win the game. If the timer sounds before everyone has finished, you will win.

Play a second round, shortening the time, if desired!

Activity 2: Bible Journal Craft

Materials Needed:

- Construction paper or cardstock
- White paper
- Stapler
- Markers or crayons
- Stickers



Instructions:

In today's Bible story, Mary listened to Jesus, and he said that by doing so she had "chosen the better way."

A Bible journal is one good way that we can listen to Jesus. Explain to children that a Bible journal is something they can use anytime they read their Bible. After reading a Bible story, they can think about what they learned from it. Then, they can write those insights in their Bible journal. Using a Bible journal is a good habit to develop. It can help us to listen to the Word of God and learn from it!

Invite kids to make one of their own by following these directions:

Give each kid a sheet of construction paper or card stock and three or four pieces of white paper.

Have them fold the construction paper in half to be the cover.

Next, fold the all of the white paper in half to make pages.

Insert the pages inside the cover, making a little booklet.

Staple along the fold line to secure the pages in place.

Invite kids to put their name on the cover and then decorate the cover any way they want using markers and/or stickers. Ideas for decorations might include Christian symbols such as a Bible, cross, dove, etc.

Tell kids to take their journals home and use them as a place to write sermon notes, favorite Bible verses, inspirational thoughts, or other similar things.

Worksheet Answer Key

Shown below are the answers and solution to the children's worksheet for this week's lesson.

Red Light

put on brakes
rest a minute
don't keep going
halt here

Yellow Light

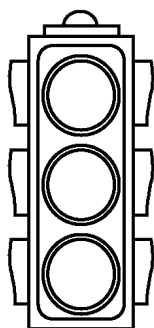
slow down
be cautious
be ready to stop soon

Green Light

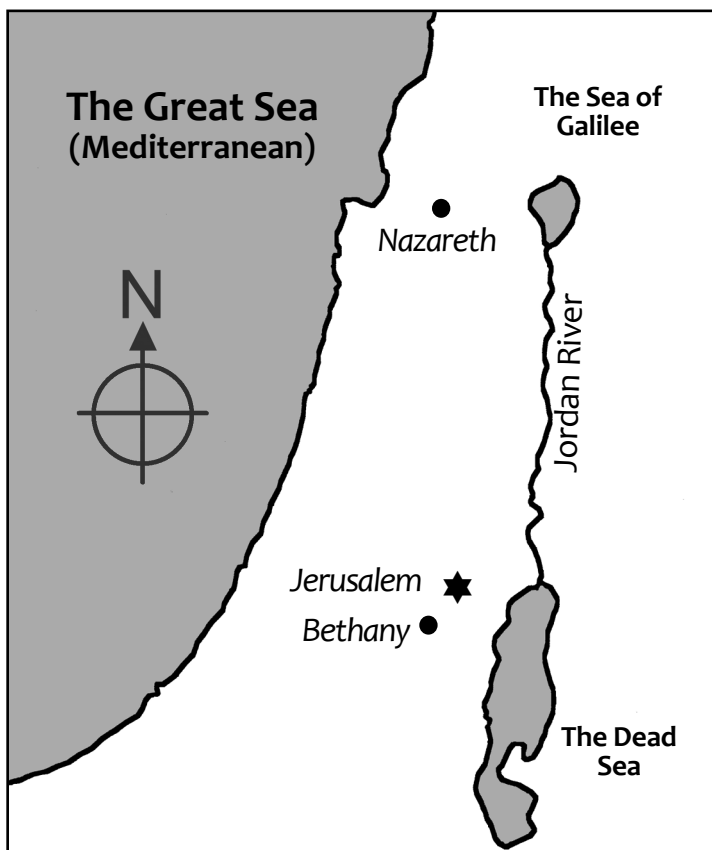
keep moving forward
full speed ahead
drive on through

Listen to God's Word

going to church
reading the Bible
attending Sunday School
listening to the
pastor's sermon



Map Answers (from the youth pages)



Vocabulary Word for the Week

Teachers may want to introduce the theme word for the week to help expand students' biblical vocabulary.

Priorities

those things which are most important to us

It can be easy to have the wrong priorities in life. Thinking how we look is more important than how kind we are is an example of wrong priorities.

Reflection for the Week Ahead

Martha was trying to be responsible. She was the one cleaning and cooking and making everything comfortable for the guests in her home. It may seem unfair that Jesus chided her for doing her work while complimenting her sister, Mary, who simply sat at his feet.

But was that really what was going on? Or was there more to Jesus' words?



How easy it is for all of us to let the worries of this world make us too busy to take time for what's really important! Like Martha, we can get so focused on our to-do lists that we forget to pause and spend time with God.

Martin Luther once said, "I have so much to do that I shall spend the first three hours in prayer." Why would he say this? Luther realized, as did Mary, that if we don't put Jesus first, we will be swallowed up by everything else.

What is one thing you can do every day to spend time with God? Think about this, and plan to do it each day this week!

The Practice of Prayer

Write a prayer thanking God for all that he has given you, including the ability to listen and learn. Ask the Lord to help you to focus on what is most important, as Mary did, and to seek him above all else.

Practice using the ADTRC Prayer Form: Address, Description, Thanks, Request, Conclusion.