

Daily Devotionals for the week of

July 21, 2024



Please take a few minutes every day to read the daily devotionals. They will help you reflect on the weekly lesson. I hope you find these devotionals valuable.

- Pastor Mark Jarema

Daily Devotionals Using Luke 10:38-42

Day 1: Choosing the Better Part

Scripture: "Mary has chosen the better part, which will not be taken away from her." (Luke 10:42)

Reflection: It is easy to become like Martha, caught up in our duties and responsibilities in the hustle and bustle of life. Today, take a moment to identify areas in your life where you need to choose the better part, prioritizing time with Jesus over your busy schedule. Reflect on how often you let daily tasks overshadow your relationship with God. Are there moments when you can pause, be still, and focus on Him? Recognize that spending time in Jesus' presence brings peace and equips you to handle your responsibilities more effectively. Choosing the better part means placing our relationship with Christ at the center of our lives.

Story: Emma was a successful businesswoman, always on the go. Her calendar was filled with meetings, deadlines, and social events. One day, feeling overwhelmed, she decided to spend her lunch break in a nearby church. Sitting quietly in the pew, she felt a sense of peace she hadn't felt in a long time. She realized she needed to make time for God in her busy life. From that day on, Emma dedicated her mornings to prayer and Scripture reading, finding strength and guidance for the day ahead.

Prayer: Lord, help me to see the importance of sitting at Your feet. Teach me to balance my responsibilities with my need for Your presence. Remind me daily that nothing is more important than being with You and learning from You. Let Your peace fill my heart and guide my actions. Amen.

Day 2: The Distractions of Service

Scripture: "But Martha was distracted by all the preparations that had to be made." (Luke 10:40)

Reflection: Service is important, but it becomes a hindrance when it distracts us from God. Reflect on how you may allow service to overshadow your time with God. What distractions can you set aside to focus more on Him? Consider your daily routine and identify tasks that consume your time and energy. Are these tasks preventing you from spending quality time in prayer and Scripture? Remember, even good things can become distractions if they take priority over your relationship with God. Seek a balance where your service is an overflow of your time spent with Him.

Story: Sarah loved volunteering at her church. She was involved in every event, from organizing potlucks to leading Bible studies. However, she began to notice that she was always stressed and rarely had time for personal prayer. One Sunday, a guest speaker talked about the importance of personal devotion. Sarah realized she needed to step back from some of her

commitments to reconnect with God. She scaled back her activities and dedicated time to prayer and meditation each evening, which renewed her spirit and made her service more joyful.

Prayer: Heavenly Father, help me to recognize when my service becomes a distraction. Guide me to serve with a heart grounded in Your love and presence. Teach me to prioritize my time with You above all else so that Your Spirit and not my efforts will fuel my service. Help me to serve joyfully and rest in Your peace. Amen.

Day 3: Finding Peace in His Presence

Scripture: "Martha, Martha, you are worried and upset about many things." (Luke 10:41)

Reflection: Jesus gently pointed out Martha's worry and upset feelings. Today, bring your worries to Jesus and find peace in His presence. Trust that He knows your needs and cares deeply for you. Reflect on your burdens and how they affect your peace and well-being. Jesus invites us to cast our anxieties on Him because He cares for us (1 Peter 5:7). In His presence, we can find rest for our souls and assurance that He is in control. Surrender your worries to Him and experience His calming presence in your life.

Story: John was a dedicated father and husband, but his job demands left him constantly anxious. His wife noticed his growing stress and suggested they pray together each night. John was hesitant at first but agreed. As they prayed, he found himself gradually releasing his worries to God. The act of praying together brought peace to John and strengthened their relationship. He learned that sharing his burdens with God and his family brought a profound sense of calm.

Prayer: Jesus, I lay my worries at Your feet. Help me to trust in Your provision and find peace in Your presence. Calm my anxious heart and fill me with Your peace that surpasses all understanding. Remind me that You are in control and that I can rest in You. Teach me to rely on You daily and to surrender my fears and anxieties to You. Amen.

Day 4: The Importance of Listening

Scripture: "She had a sister called Mary, who sat at the Lord's feet listening to what he said." (Luke 10:39)

Reflection: Listening to Jesus is crucial for our spiritual growth. Take time today to sit quietly and listen to His voice through Scripture and prayer. What is He saying to you? In our fast-paced world, rushing through our devotions is easy without truly listening. Consider the distractions that prevent you from hearing God's voice clearly. Make a conscious effort to remove these distractions and focus on His words. Listening to Jesus involves more than hearing; it requires attentiveness and a willingness to apply His teachings in our lives.

Story: Laura was a teacher who thrived on helping her students but often felt spiritually dry. One weekend, she attended a silent retreat. The silence was challenging at first, but as she read the Scriptures and listened to God's voice, she felt His guidance and love more clearly than ever. This experience taught her the value of quiet time with God. She now sets aside a few minutes each morning to listen to God's voice, rejuvenating her spirit for the day ahead.

Prayer: Lord, open my ears to hear Your voice. Help me to be attentive to Your words and apply them in my life. Remove the distractions that keep me from listening to You. Speak to my heart and guide me in Your truth. Let Your words be a lamp to my feet and a light to my path. Amen.

Day 5: Balancing Work and Worship

Scripture: "Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one." (Luke 10:41-42)

Reflection: Reflect on how you can better balance work and worship. Consider setting specific times for devotion and ensuring your work is done in a spirit of worship and service to God. Our work is important, but it should not come at the expense of our relationship with God. Strive to integrate your faith into your daily tasks, seeing your work as an act of worship. Ask God to help you prioritize your time so that your work and worship bring glory to Him.

Story: David was a software engineer who loved his job but was constantly overwhelmed by work. His pastor suggested he integrate his faith into his daily routine. David began praying before starting his workday and listening to worship music while coding. He also set a reminder to take a prayer break in the afternoon. These small changes transformed his perspective, helping him see his work as an act of worship and bringing balance to his life.

Prayer: God, grant me the wisdom to balance my work and worship. May everything I do be an act of love and service to You. Help me see my work as an opportunity to honor You and serve others excellently. Guide me in managing my time to fulfill my responsibilities while staying close to You. Amen.

Day 6: Embracing Stillness

Scripture: "Mary has chosen the better part, which will not be taken away from her." (Luke 10:42)

Reflection: Stillness and quietness in God's presence are invaluable. Today, embrace moments of stillness, allowing God's peace to fill your heart and mind. Reflect on how these moments can enrich your daily life. In our busy lives, finding time for stillness and reflection is crucial. Consider how often you allow yourself to be still before God. Make a conscious effort to incorporate quiet moments into your daily routine, where you can listen to God's voice and experience His peace.

Story: Alicia, a nurse, was always on the move. She barely had time for herself, let alone for quiet reflection. During the vacation, she decided to spend an afternoon by the lake, simply sitting in silence. The tranquility she experienced was profound. She felt God's presence in the stillness and realized she needed to incorporate such moments into her daily life. Now, she spends a few minutes each day in silent prayer, finding peace and strength to face her demanding job.

Prayer: Lord, teach me to embrace stillness and find strength in Your presence. Help me to carry this peace into every aspect of my life. Quiet my mind and heart and let me hear Your gentle whispers. Fill me with Your peace and guide me in Your ways. Remind me of the importance of stillness and help me to make it a regular part of my life. Amen.

Day 7: Serving with a Heart of Worship

Scripture: "But Martha was distracted by all the preparations that had to be made." (Luke 10:40)

Reflection: Consider how you can transform your service into an act of worship. Instead of being distracted, focus on serving with love and joy, knowing that your work is for the Lord. Reflect on your attitude towards service. Are you serving out of obligation, or is your service a joyful expression of your love for God? When we serve with a heart of worship, our actions become a fragrant offering to the Lord. Seek to serve with a joyful heart, remembering that you serve Christ Himself in all you do.

Story: Michael was a youth leader at his church, always busy planning events and activities. He often felt stressed and wondered if his efforts were making a difference. One day, an older mentor reminded him to see his service as an act of worship. Michael started praying before each activity and focused on the joy of serving God through his work. This change in perspective brought a new sense of purpose and fulfillment, making his service more meaningful.

Prayer: Jesus, help me to serve with a heart full of worship. Let my actions reflect Your love and bring glory to Your name. Teach me to serve joyfully and see my service as an offering to You. Fill me with Your Spirit so that my service is done in Your strength and for Your glory. Amen.

These devotionals, enriched with stories, reflections, and expanded prayers, aim to help you draw closer to God by reflecting on the lessons from Luke 10:38-42 and applying them to your daily life.