



Mary and Martha's

Meals with Jesus Series
Solid Rock Church
Pastor Elliott Anderson

Meals with Jesus Series

(Groups # of People)

April 12	Breakfast on the Beach	7
April 19	Tax Collector's Party	100+
April 26	Simon's House	40+
May 3	The 5,000	15,000+
TODAY	Mary and Martha's (Luke, John)	3+

NO recorded meals of Jesus eating by Himself



Meals in the Days of Jesus

Meals (normally twice a day) were crucial social and spiritual events, serving as a primary context for fellowship, teaching, love, and hospitality.

American vs Historical Jewish Culture

Individualistic Culture

- Personal-emphasized
- Views people as unique
- Encourages self-expression
- Emphasizes competitiveness

Collectivist Culture

- Social-emphasized
- Views people as part of a group
- Discourages self-expression
- Emphasizes group harmony

Group Dynamics with Jesus

Oldest of 7+ children (Matt 13)

12 main male disciples

Inner 3 - James, John, Peter

Sent the 70/72 out to minister

Banquets with 40 - 50+

Fed 4,000, and 5,000+





Group Dynamics Theory

Group dynamics drive social behaviors in individuals.

Comparison (female), competition (male), and conformity (both) are the benchmarks for self-assessment and social standing evaluation.

Luke 9: 46, An argument arose among the disciples as to which of them was the greatest.

Leon Festinger's Upward and Downward Comparison

	Upward Comparison	Downward Comparison
Positive Effects	Hope, Inspiration	Gratitude
Negative Effects	Dissatisfaction, Envy	Scorn



Consequences of Comparison

Results of Consistent Downward Comparison

Depression, anxiety, and lowered self-esteem.

“Imposter Syndrome”

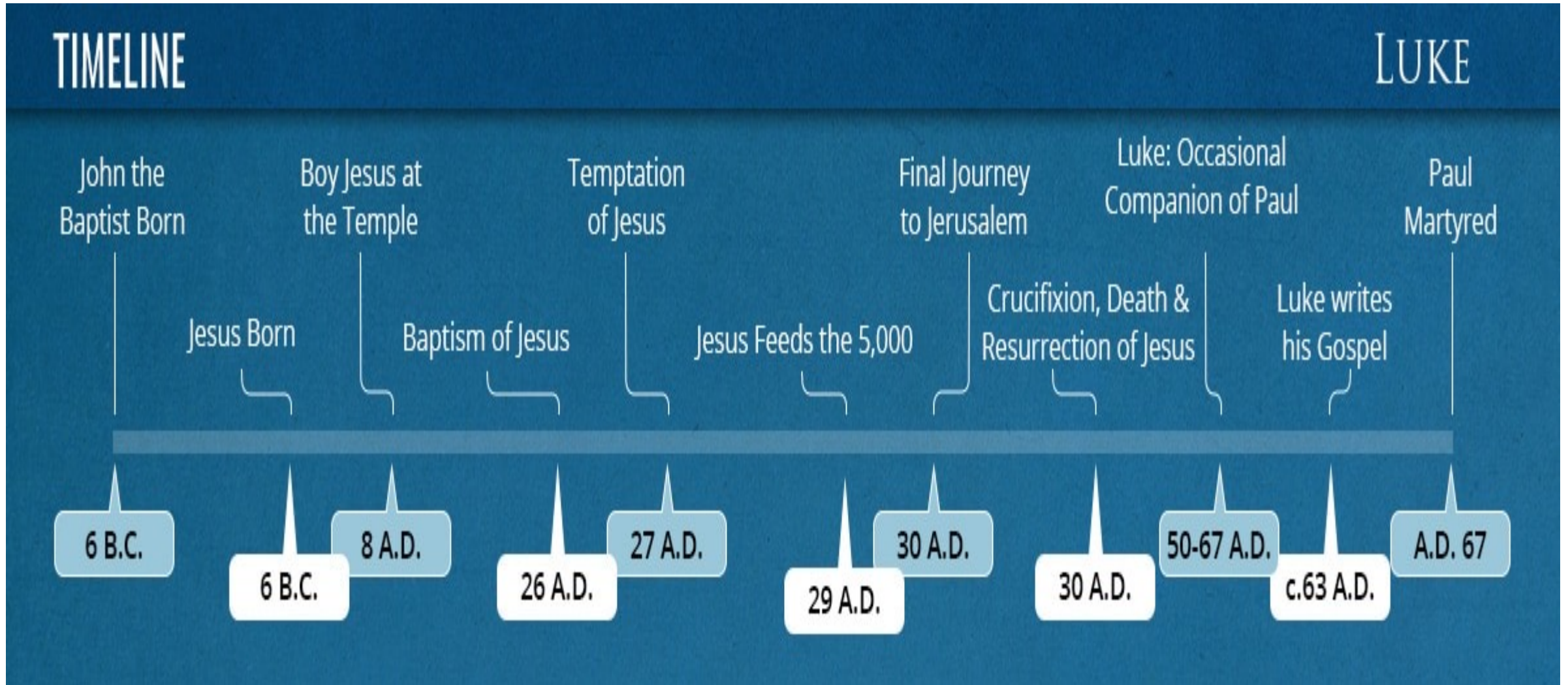
Fosters resentment, robs you of time, energy, peace, and contentment

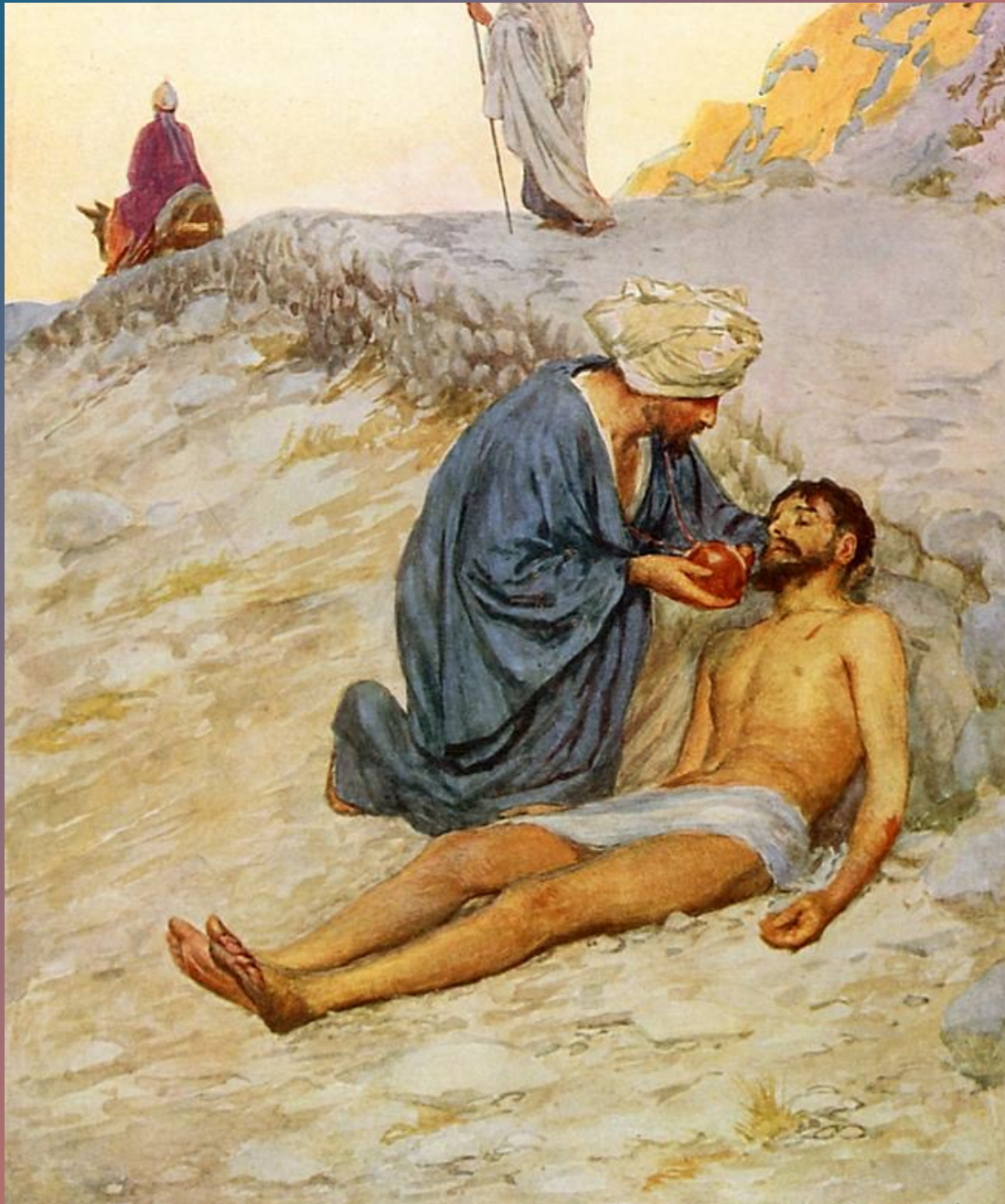
Paul on Comparison: Not Wise

2nd Corinthians 10: 12, We do not dare classify or **compare ourselves** with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, **they are not wise.**

Galatians 6: 4, Each one should test his own actions. Then he can take pride in himself **without comparing himself** to somebody else for each one should carry his own load.

Luke 10 – Into 3rd Year of Jesus' Ministry





Luke 10 Context

10: 1 – 23 Jesus sends out the 70/72

10: 25 – 37 The Parable of Good Samaritan

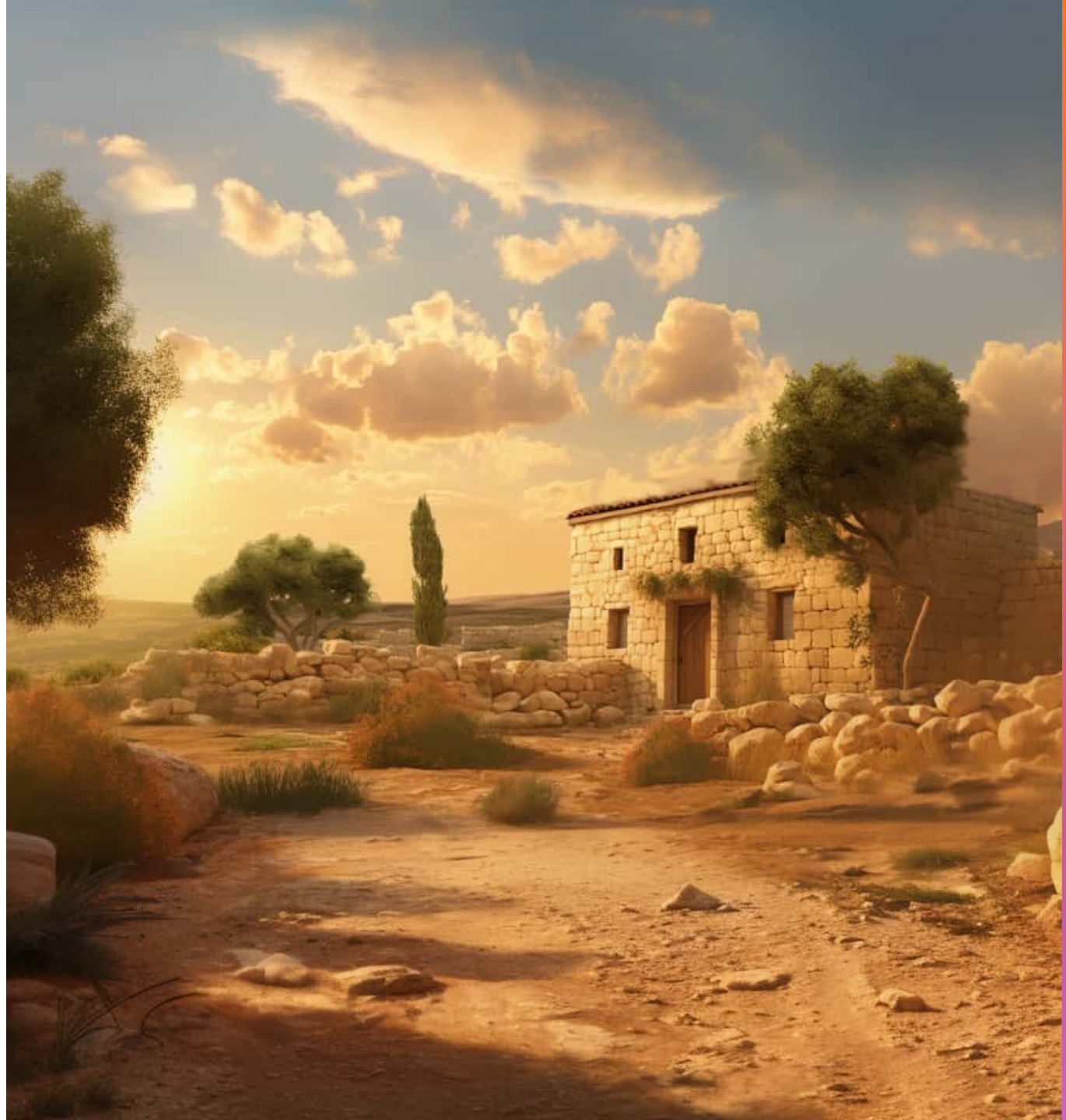
10: 38 – 41 A meal with Mary & Martha

3 Recorded Meals with Mary & Martha

Luke 10 – Introduction
of the sisters

John 11 – During and after
raising Lazarus

John 12 – Six days before
Passover





Luke 10: 38

As Jesus and His disciples were on their way, he came to a village (Bethany) where a woman named Martha opened her home to him.

Martha's home?

Martha oldest sibling

Martha is presiding over the meal





Bethany **“House of the Poor”**

Small village on the eastern slope of the Mount of Olives

Roughly 2 miles from Jerusalem

Bethsaida / Bethany R&R for Jesus

Bethsaida – 6 miles east of Capernaum (7X)

Bethany – 2 miles east of Jerusalem (5X)



Luke 10: 39

Martha had a sister called Mary, who **sat at the Lord's feet** listening to what He said.



Introduction to Mary

Youngest sister to Martha

Social, relational, emotional

She sat at the feet of Jesus!

Who was Jesus to Mary?

Rabbi, Messiah, Lord



Luke 10: 40

But Martha was **distracted** by all the preparations that had to be made. She came to Jesus and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”



Upward and Downward Social Comparison for Martha

Upward:

She welcomed Jesus into her home – grateful for Him

She was preparing a wonderful meal – serving Him

Downward:

She was dissatisfied with Mary – envious of her

She scorned Mary - and wanted Jesus to affirm it

Distractions From Jesus

For Martha

Her role and responsibility (upward)

Comparison / competition with sister (downward)

What Distracts You From Jesus? _____

What Do You Put Ahead of Serving Jesus?

Family Career Fear Money Control

Passions Hobbies Addictions

Distractions to Jesus

For Mary

Opportunity and position with Jesus

Listening to the Lord

What distracts you to the feet of Jesus? _____

Crisis Pain Suffering Challenge Need

Desperate Lost Depressed Anxious



Luke 10: 41

“Martha, Martha,” the Lord answered, “you are **worried and upset** about many things, but only one thing is needed.

Warning of Comparison Trap

It's based in worry and fear

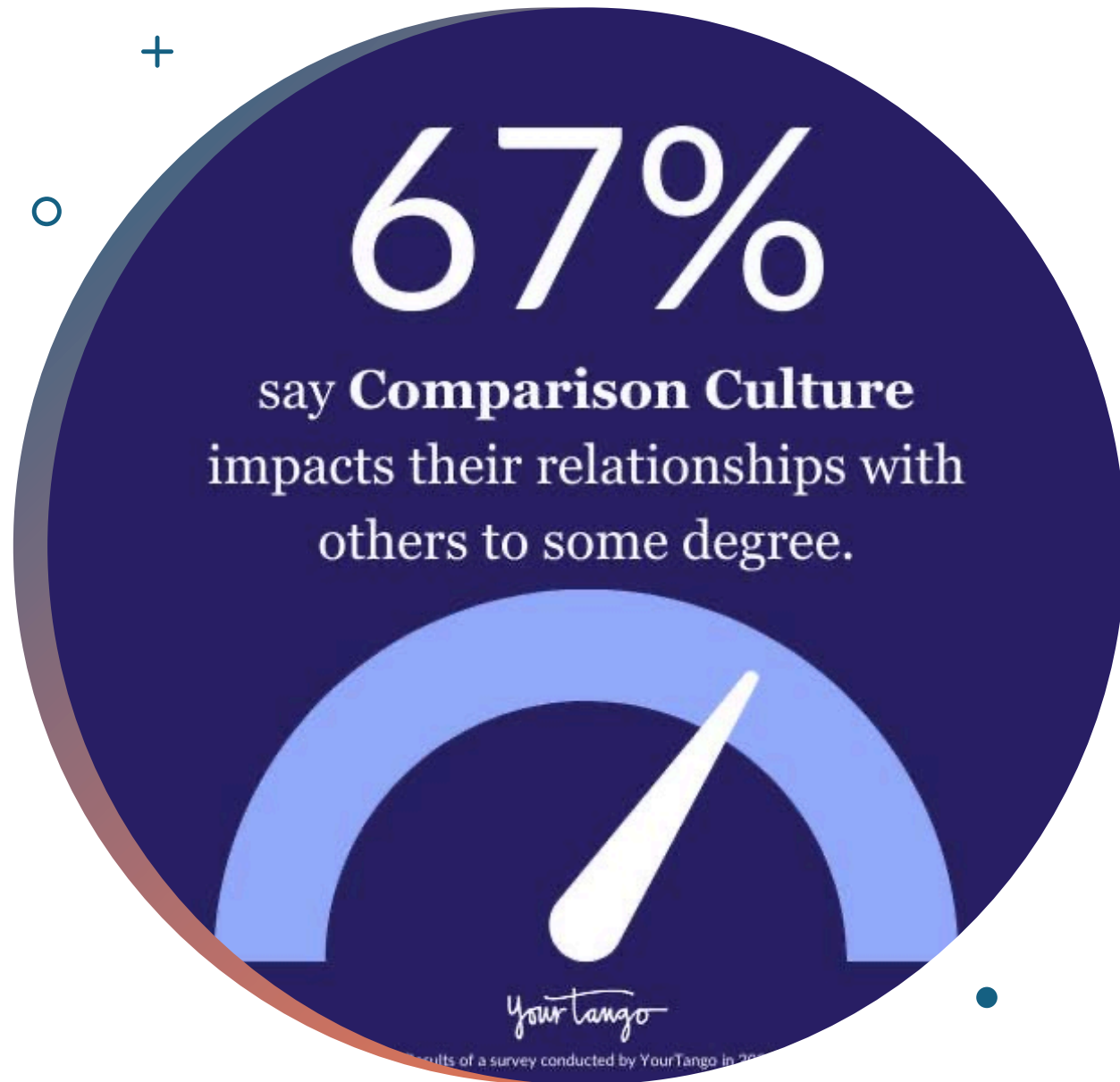
It upsets us

Proverbs 14: 30, A heart at peace gives life to the body, but envy rots the bones.

James 3: 6, For where you have envy and selfish ambition, there you find disorder and every evil practice.

Comparison Dysregulates Us

State	What it means	Common signs
Hyperarousal	Heightened responsiveness: Your system is stuck in overdrive	Anxiety, anger, feeling overwhelmed or like you have to do something, racing thoughts, difficulty sleeping, irritability
Hypoarousal	Decreased responsiveness: Your system has essentially shut down to protect you	Feeling disconnected or numb, zoning out, difficulty concentrating, ambivalence, social withdrawal



Feeding Our Comparison Culture

Society and culture reinforce constant self-evaluation in areas like wealth, looks, and success.

1 Comparison Trap = Social Media

Brain and Behavior Research Foundation

Numerous studies link high levels of **social media** use with increased symptoms of anxiety and depression.

Constant exposure to curated and idealized portrayals of others' lives on **social media** can undermine self-esteem and well-being significantly.

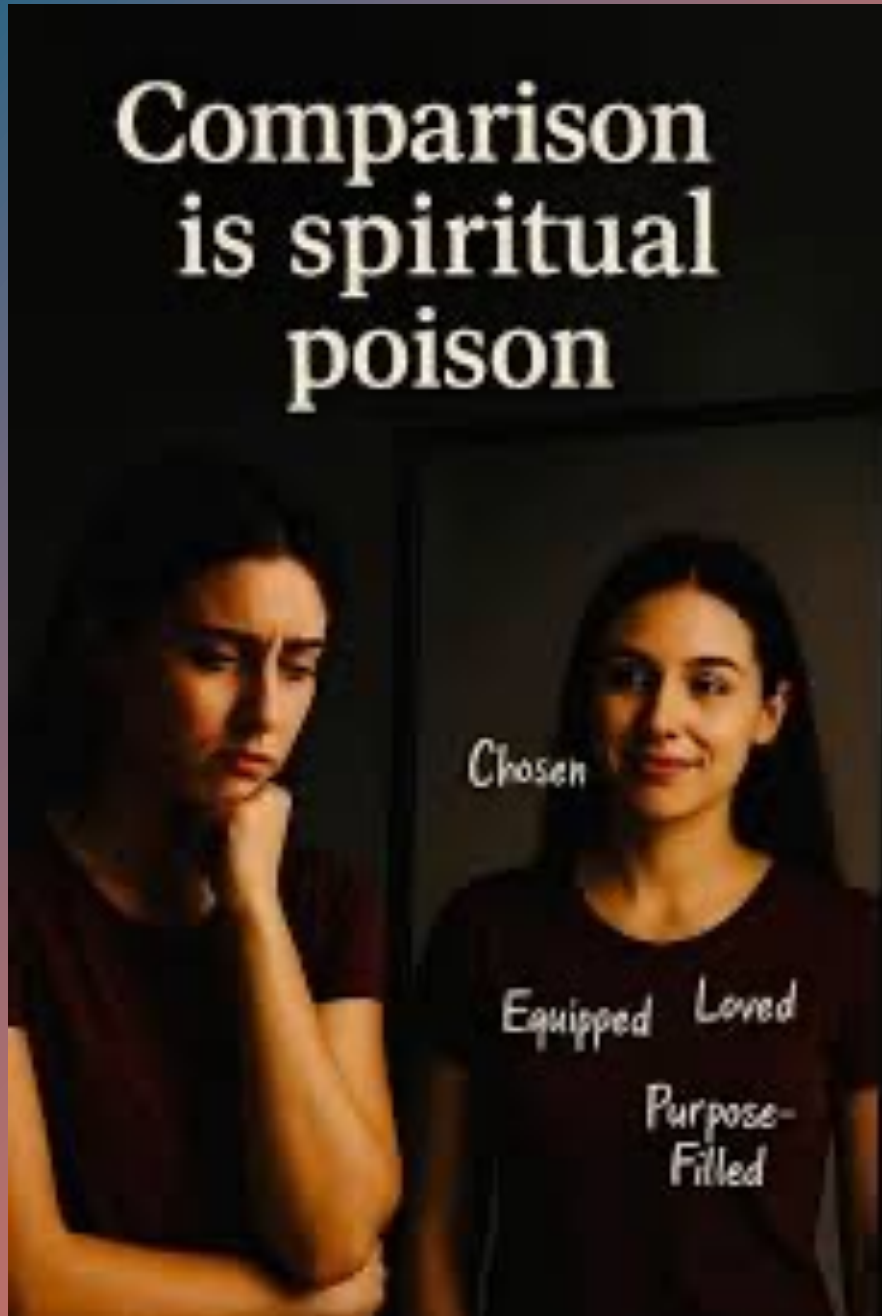
Comparison
is spiritual
poison

Spiritual Comparison

Measuring your faith journey, spiritual gifts, or heart against others.

Upward: Superiority and pride – judgment of others

Downward: Inferiority and sadness – self judgment





One Thing is Better!

Luke 10: 42, Mary has chosen what is better, and it will not be taken away from her.

Focus on Christ / His Word
Yield and listen to Jesus

Focus / Listening to Jesus Stops Comparison

John 10: 27, My sheep hear my voice, and I know them, and they follow me

Romans 10: 17, So faith comes from hearing, and hearing through the word of Christ

2nd Timothy 3: 16, All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness

Only Comparison Encouraged

Philippians 2: 5 – 7, In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant.

2nd Corinthians 13: 5, Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?