

Breathe

Module: PEOPLE WHO BREATHED

Lesson 5: MARY (SISTER OF MARTHA AND LAZARUS)

Objectives:

- Students will see the importance of balance in our spirituality: a willingness to learn from Jesus and to serve Him.
- Students will be prepared to integrate new activities in their life to fuel their walk with God.

Materials Needed

- ☐ Paper and a pen for each student (scrap paper is fine)
- ☐ Bibles for students
- ☐ Chart paper and marker

Minds On

Hand out paper and pens to students and ask them to list three things they can do for God. It could be things they already do, or an idea they have not yet put into practice. If appropriate for the size of your group and the comfort of your students, invite students to share one or all of the activities they listed with each other to compare and share ideas.

Think/Pair/Share: Give students time to think about the following question for a minute or so, and then have them share their answer with a partner before discussing as a whole group. **Ask:** If Jesus came to visit you at your home, which of the things on your list would be most important to do? If nothing really fits, try to think of one thing you'd do to make Jesus feel welcome.

After allowing some time for discussion, gather the group together and invite some students to share their answers.

Action

Have your students turn in their Bibles to Luke 10:38-42 and have a student read the passage aloud. Depending how familiar your students are with the story, or if the discussion is slow to get started, it may be useful to have a second volunteer read the passage a second time. Use the following questions:

- Were there any words or details from the story stood out to you?
- What brought Jesus to visit Mary and Martha?
- Do you think Jesus was upset with Martha? Why or why not?
- Do you think you are more like Mary or Martha? How so?

Next, have your students look in their Bibles at the passage before the story of Mary and Martha - it is the parable of the Good Samaritan (Luke 10:25-37).

Depending on your group, you may have someone read the parable, or use the following summary: The story before this passage in Luke tells the parable of the Good Samaritan. In it, there are three people who pass by an injured man on the road, but only the last one, the Samaritan, stops to help. The first two are a priest and Levite, and both of these people would have been considered very holy and important to God. After all, they served in the temple; it was practically their job to worship and serve God!

Invite your students to discuss why the priest and Levite ignored the man on the side of the road. (e.g. Maybe they were afraid it was a trap, or maybe they were rushing to get somewhere and didn't want to stop.)

Consolidate/Debrief

Connect the two stories by **asking your students:** Do you think this story adds anything to the story of Mary and Martha? (**Leader's Note:** If anyone does, you can discuss, but if not you can move on.)

Prompt: These two stories are side by side in Luke's gospel on purpose. They show two sides of the same coin: how to live for Jesus! Living for Jesus is a lot like breathing: you have to bring air into your lungs and breathe it out or else you'll suffocate. If you only ever breathe in, the air in your lungs will turn stale and there won't be room for the fresh air your body needs, but if you breathe out and don't let any fresh air in, you end up with the same problem, probably feeling dizzy or even passing out.

In the parable of the Good Samaritan, the priest and Levite show us what happens when someone breathes in and in and in by worshipping God and serving in the Temple, but they couldn't bring themselves to serve someone outside of their comfort zone. Martha is an example of someone so busy being a good host (breathing out, out, out!) that Jesus was in her living room, and all she did was complain her sister wasn't helping. She missed the whole point of Jesus' visit - spending time together.

Divide a piece of chart paper into two halves, labelling one side “breathing in” and the other “breathing out.” Have students brainstorm what activities in their life help them breathe in or breathe out in their relationship with God.

Breathe In: Have students choose one item from the “breathing in” column on your T chart to put into practice this week, and ask them to share their choice with a partner.

Breathe Out: Have students also choose one thing from the “breathing out” column and again tell their partner. Hopefully your students can encourage each other throughout the week or at least check in next week to see how things went.

As a leader, feel free to encourage your students in their “breathing” exercises through the week on Facebook/Twitter, by texting, by phone or in person, whatever is most suitable for your group.