

Finding Balance: Lessons from Martha & Mary for Teens



Explore how teens can balance serving others and spending time with Jesus through the example of Martha and Mary.

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Introduction

As teenagers, life is full of countless responsibilities, activities, and relationships that can pull us in many directions. Balancing school, friends, family, and personal growth is a challenge faced by many. In the Gospel of Luke, we find an inspiring story that highlights this very tension—the story of two sisters, Martha and Mary.

Martha busily served Jesus, making sure everything was just right, while *Mary* chose to sit at Jesus' feet and listen to His teachings (Luke 10:38–42). Both approaches reflect important ways to live out our faith: serving others and spending quality time with Jesus. But how do we find the right balance?

Through this study, we'll explore what it means to serve with a joyful heart like Martha and to grow in our relationship with Jesus like Mary. We'll discover that neither serving nor sitting in worship alone is enough—we need both. This plan is designed especially for teens navigating their unique journeys, helping you understand how to manage your time, priorities, and energy in a way that honors God and brings peace to your heart.

Whether you're often on the go, juggling activities, or sometimes feel like you just need to slow down and reconnect with God, this study will encourage and challenge you to seek that balance. Let's dive into Scripture, hear from God's Word, reflect deeply, and open ourselves to His guidance for a balanced, fulfilling life in Him.





Day 1: ⌚ Embracing Stillness with Jesus



Day 1: ⌚ Embracing Stillness with Jesus

Your Verse

Luke 10:38-42 - “Mary chose what is better, and it will not be taken away from her.”

Supporting Scriptures

- *Psalm 46:10 - “Be still, and know that I am God.”*
- *Matthew 11:28 - “Come to me... and I will give you rest.”*



Day 1: ⌚ Embracing Stillness with Jesus

Devotional: The Power of Stillness and Listening to Jesus

In our busy teenage lives, it's easy to get caught up in doing more and more. Martha was bustling about, trying to serve Jesus, while Mary simply sat and listened to His words. Jesus highlights that Mary's choice to focus on Him is the "better" part that won't be taken away. This reminds us that *prioritizing time with Jesus is essential, especially amid all of life's distractions.*

Embracing stillness and quiet moments with God refresh our soul and help us understand His will. It's not saying serving isn't important, but if our busy actions aren't rooted in relationship with God, we risk exhaustion and missing the deepest blessings. By making space to listen, meditate, and find peace in Jesus, we lay a strong foundation to respond to others effectively.

Consider what today's world demands: constant motion, information overload, and endless schedules. Finding even a few moments to be still before God can lead to clarity, peace, and strength. For teens, learning to slow down and listen is a powerful habit that shapes character and faith for years to come.



Day 1: ⌚ Embracing Stillness with Jesus

Reflect and Apply

1. How can you create quiet moments to spend with Jesus each day?

2. What distractions keep you from sitting at Jesus' feet like Mary?

3. How does spending time with Jesus change your perspective on your daily activities?



Day 1: ⌚ Embracing Stillness with Jesus

Journaling Prompts

1. Write about a time you felt refreshed after spending quiet time with God.

2. List distractions that pull you away from focusing on Jesus and how to overcome them.

3. Describe how you can make your time with Jesus a priority despite a busy schedule.



Day 1: ⌚ Embracing Stillness with Jesus

Prayer for Today

Dear Jesus, thank You for inviting me to rest in You. Help me find moments in my busy day to sit quietly and listen to Your voice. Teach me to value time spent with You above all else and to let go of distractions that steal my peace. I want to grow deeper in my relationship with You, and I ask for Your help in making this a daily priority. Fill me with Your peace and guide my heart to seek You first. In Your name, Amen. 🙏❤️✨📖





Day 2: 🤝 Serving Others with a Joyful Heart



Day 2: 🧡 Serving Others with a Joyful Heart

Your Verse

Luke 10:40 – “Martha was distracted by all the preparations that had to be made.”

Supporting Scriptures

- *Colossians 3:23 – “Work at it with all your heart, as working for the Lord.”*
- *Galatians 5:13 – “Serve one another humbly in love.”*



Day 2: 🧡 Serving Others with a Joyful Heart

Devotional: Serve with Love and Joy, Not Just Busyness

Martha's heart for service is commendable—she worked hard to welcome Jesus and make Him comfortable. Yet, she became distracted and frustrated because she was focused on the tasks more than the presence of Jesus.

For teens today, serving others can be a wonderful way to live faith practically. Whether it's helping at home, volunteering, or encouraging friends, serving reflects Christ's love. But *when service becomes overwhelming or done without joy, it can drain us and cause tension.*

God calls us to serve wholeheartedly, but also with humility and love, ensuring our actions come from a heart rooted in Him. Doing all things as if working for the Lord keeps our service pure and meaningful. When we lose balance and forget Jesus in our busy efforts, we risk burnout and resentment.

Take time to reflect on your motivations for serving. Are they fueled by love for God and others, or by duty and stress? Jesus desires your heart more than your tasks, and true service flows out of relationship with Him.



Day 2: 🧡 Serving Others with a Joyful Heart

Reflect and Apply

1. What motivates you to serve others – love or obligation?

2. How can you keep Jesus at the center when you're busy serving?

3. Have you ever felt overwhelmed by service? How did you respond?



Day 2: 🧡 Serving Others with a Joyful Heart

Journaling Prompts

1. Describe a service activity that brought you joy and why.

2. Write about how you can serve others while keeping your focus on Jesus.

3. List ways to avoid burnout in your serving activities.



Day 2: 🍷 Serving Others with a Joyful Heart

Prayer for Today

Lord, thank You for the example of Martha who showed her love through serving. Help me to serve with a joyful heart and not out of obligation or stress. Teach me to keep You at the center of my actions, to serve humbly and with love. May my service reflect Your goodness and bring glory to Your name. Guard my heart from frustration and help me find balance in my efforts. In Jesus' name, Amen. ❤️ 🙌 🙏 ✨





Day 3: Finding Balance in Life and Faith



Day 3: 📖 Finding Balance in Life and Faith

Your Verse

Luke 10:42 – “Only one thing is needed... Mary has chosen what is better.”

Supporting Scriptures

- *Ecclesiastes 3:1 – “There is a time for everything.”*
- *Philippians 4:13 – “I can do all this through Him who gives me strength.”*



Devotional: Balance: Serving and Sitting with Jesus

The story of Martha and Mary ends with Jesus affirming Mary's choice, but He never dismisses Martha's serving. This teaches us that both spending time with Jesus and serving others matter deeply in our faith walk. The key is finding balance—knowing when to pause, reflect, and prioritize God, and when to act and serve.

For teens, this balance is ongoing and requires daily choices. Sometimes life demands vigorous activity; other times, quiet reflection. God's strength enables us to navigate these seasons without losing our focus or joy.

Balance doesn't mean perfect division of time, but wise and prayerful living. It means listening to God's leading and adjusting our pace accordingly.

This balance nurtures a sustainable faith and a life that glorifies God fully in both service and worship.



Day 3: 📖 Finding Balance in Life and Faith

Reflect and Apply

1. How do you currently balance your time between serving and spending time with God?

2. Are there areas where you feel out of balance? What might God be prompting you to adjust?

3. How can relying on God's strength help you manage your responsibilities with peace?



Day 3:  Finding Balance in Life and Faith

Journaling Prompts

1. Reflect on a recent week: how did you balance service and spiritual growth?

2. Write a plan for creating balance in your daily routine that honors God.

3. List ways to rely on God's strength when you feel overwhelmed.



Day 3: 🏴 Finding Balance in Life and Faith

Prayer for Today

Father God, thank You for showing me through Martha and Mary the importance of balance in my life. Help me to spend time with You, growing in love and wisdom, and to serve others with a willing and joyful heart. Guide my steps in managing my time and energy wisely. Enable me to lean on Your strength every day and walk in peace. May my life reflect a harmony that honors You in all I do. In Jesus' name, Amen. ⚖️🌿💪🙏





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