

NT28

MARY AND MARTHA INCLUSIVE BIBLE LESSON



LESSON PLAN INFORMATION

BIBLE PASSAGE:

Luke 10:38-42

OBJECTIVES:

Understand the different ways Mary and Martha interacted with Jesus.

Learn about the importance of listening to Jesus and prioritising time with Him.

Encourage children to find balance in serving and being still to listen to God.

LESSON PLAN

This lesson is designed to complement the resources found in Trueway Kids' lessons on '**Mary and Martha**' which you can access and download for free at:

<https://truewaykids.com/mary-and-martha/>

This lesson offers a diverse range of resources and activities that enrich the story in various engaging ways. We encourage you to select the resources and activities that will best suit the needs and interests of your specific group of children, ensuring an enjoyable and educational experience for all.

1. WELCOME AND INTRODUCTION:

- Warmly welcome each child by name.
- Introduce the day's lesson visually on the schedule

DOWNLOAD GRAPHIC FROM: <https://truewaykids.com/visual-schedule/>

- Use simple, child-friendly language to set the stage for the lesson, such as, "Today, we're going to learn about two sisters named Mary and Martha, who had very different ideas about how to spend their time when Jesus visited their home. Martha was busy doing lots of chores, while Mary chose to sit quietly and listen to Jesus. Let's find out more about their day with Jesus."

2. PRAYER:

Start with a simple and short prayer. Encourage the children to repeat after you. This provides a calm, focused start to the session.

3. INTERACTIVE STUDY TIME:

INTRODUCTION:

- Start with a short game that contrasts / opposites.
- Show the children or say a word and have them say or do the opposite. For example, 'stand up' they 'sit down'.
- Talk about Busy vs. Still

SETTING THE SCENE

Create two distinct areas in the classroom: one representing Martha's kitchen and the other, a quiet space with cushions for Mary.

The Busy Kitchen:

- Provide children with tasks like stacking cups or organising spoons, simulating kitchen work. They can also make playdough food.
- As they engage in the tasks, ask, "How does it feel to work on these tasks? What if you had to listen to an important story at the same time?"

Mary's Quiet Space:

- Use cushions and a calm corner to symbolise where Mary sat. Invite children to sit quietly for a moment, imagining listening to Jesus.
- Discussion: "How does sitting quietly here compare to the busy activity? What helps you listen better?"

BALANCING WORK AND LISTENING – A DYNAMIC ACTIVITY:

- Demonstrate balance through a simple activity, like balancing a book on their head, to show how hard it can be to find balance. Relate this to balancing our duties and time spent with Jesus.
- Construct a simple balance scale. On one side, place objects representing Martha's tasks; on the other, a symbol of Mary's attentiveness (like a heart or an ear).
- Show how balance is needed between doing for Jesus (serving) and being with Jesus (listening).
- Make a chart, listing ways we can serve Jesus and ways we can spend quiet time with Jesus.

SCHEDULING TIME WITH JESUS

- Show a daily planner or calendar and how it fills up quickly with daily activities and emphasize the importance of prioritizing.
- Provide each child with a blank weekly planner. Have them schedule their usual activities, then reserve specific times for prayer, reading Bible stories, or quiet reflection.

LISTENING HEARTS:

- Play a "guess the emotion" game using facial expressions or drawings to depict different feelings. Connect this to how Jesus understood Martha's worry and stress.
- Ask: "Why is it important to know that Jesus understands our feelings and worries?"

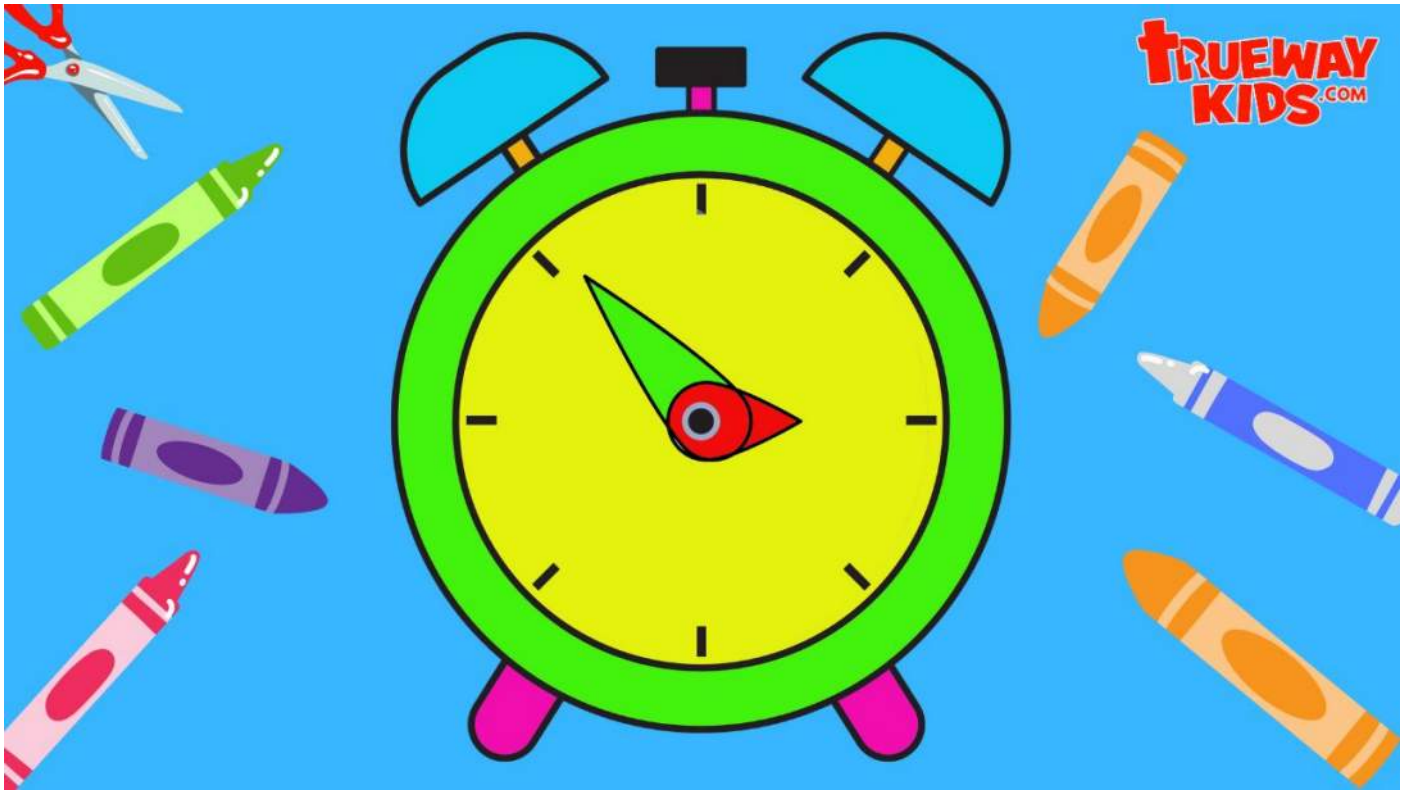
MARY, MARTHA, AND ME

- Conclude with a group sharing session. Ask children to reflect on when they've felt like Mary or Martha and how they can find a balance in their own lives between doing for Jesus and being with Jesus.

CLOSING REFLECTION QUESTIONS:

1. "What does Mary's choice teach us about spending time with Jesus?"
2. "How can we manage distractions like Martha's to focus on Jesus?"
3. "Why is it important that Jesus understand how we feel?"

4. CRAFT ACTIVITY: MAKE TIME FOR JESUS



WHAT YOU NEED:

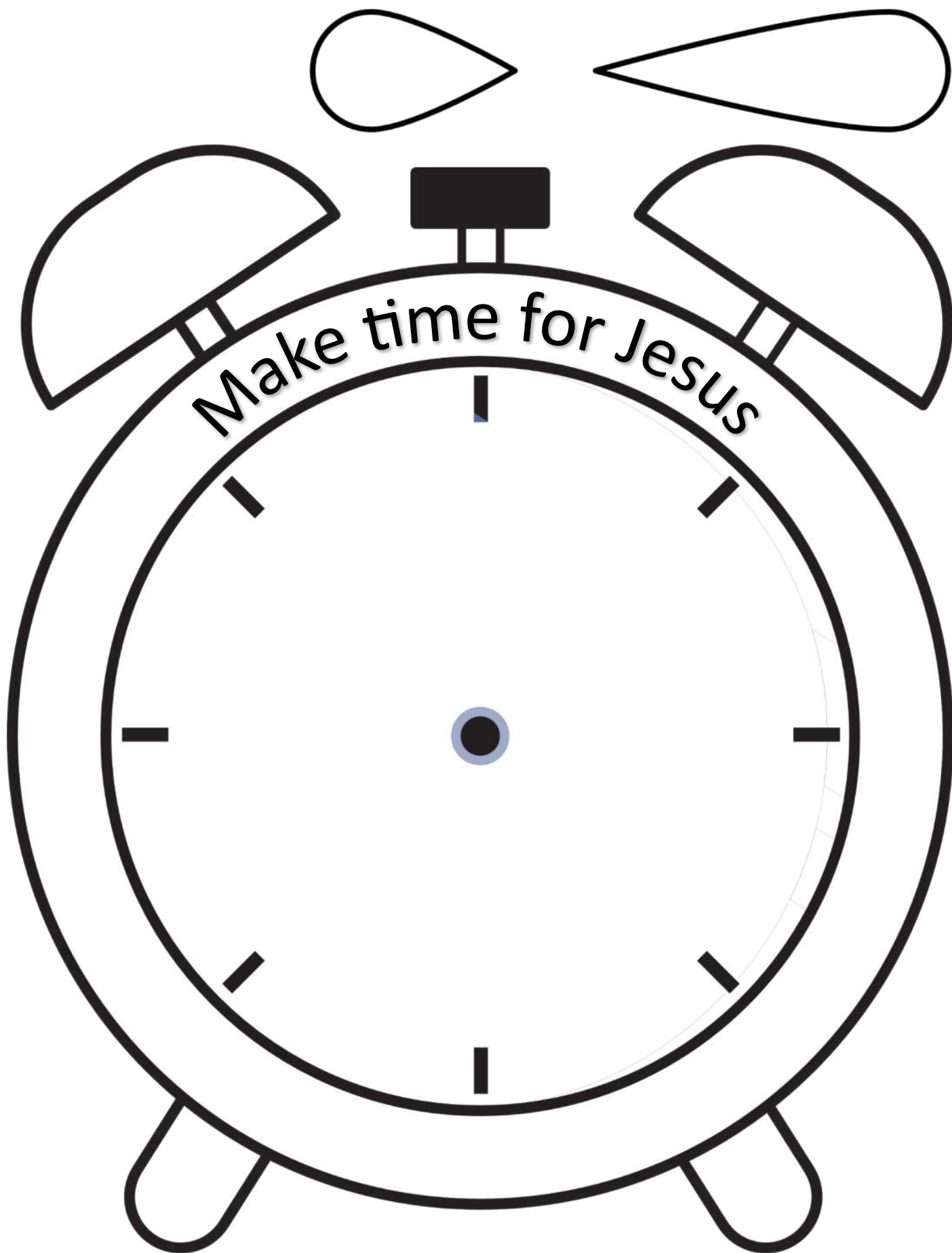
- Clock Template page
- Colouring equipment
- Scissor
- Split pin (brad) or glue.

WHAT TO DO:

1. Colour the template page.
2. Cut out the clock and hands.
3. Attached hands with split pin or glue.

TIPS:

- Precut template pieces.
- Use card.



5. ACTIVITY STATION FREE PLAY:

For this part of the session, you can set up several activity stations. This allows children to choose what they want to do based on their interests, providing a variety of options that cater to different learning styles and abilities.

Here are some ideas:

MARTHA'S BUSY KITCHEN:

Create a play kitchen area equipped with pots, pans, utensils, and play food.

Children can pretend to be Martha, busy preparing a meal for Jesus. They can 'cook' and serve dishes to other children acting as guests.

This station helps children understand Martha's diligence and her focus on serving, highlighting the theme of hospitality.



MARY'S QUIET CORNER:

Arrange a comfortable seating area with cushions, bean bags, and a selection of picture books about Jesus.

Children can sit quietly and 'listen' to Jesus by looking through the books or listening to a recorded story, mimicking Mary's choice to listen attentively.

This station emphasizes the importance of taking time to learn and listen, just like Mary did.



SERVING VS. LISTENING GAME:

Set up two mini-games in one station: one that involves quick, active tasks (serving) and another that requires careful listening or puzzle solving (listening).

Children can switch between tasks, experiencing the contrast between active service and quiet contemplation.

Through play, children explore the virtues of both action and reflection, learning that both are valuable in different contexts.



LISTEN AND RETELL STATION:

Designate an area where you will read the story of Mary and Martha aloud to the children. After listening to the story, invite each child to retell as much as they can remember, focusing on the details of what Mary and Martha did and said.

This activity tests comprehension and attention to detail, reinforcing the story's themes and evaluating the children's listening skills.



MAKING A PLANNER:

Provide simple materials for creating a daily planner or scheduler.

Guide the children to plan out a day's schedule, allocating specific times for tasks such as schoolwork, play, chores, and quiet time. They can use the planner to mark off tasks as they complete them throughout a day or week.

This station teaches time management and organizational skills, encouraging children to balance busy tasks with quiet reflection, similar to balancing Martha's busyness and Mary's attentiveness.



TRAY BALANCING AND WALK:

Provide trays and a variety of lightweight objects that can represent items Martha might serve, such as plastic cups, faux food items, or napkins.

Children are tasked with balancing the tray while walking along a designated path in the play area simulating Martha's role as a busy hostess serving guests.

This activity helps develop coordination and concentration skills.



BALANCE BEAM PATH:

Place a balance beam or a line of tape on the floor to represent a path that requires careful walking and balance.



WORKSHEETS AND COLOURING PAGES:

In Section 7 – You will find Worksheets and resources to use with this lesson. Refer to main lesson pack for additional pages:

<https://truewaykids.com/mary-and-martha/>

6. CLOSING PRAYER:

EXAMPLE PRAYER WITH HAND ACTIONS:

"DEAR GOD, THANK YOU FOR TEACHING US THROUGH MARY AND MARTHA"

- **"Dear God"**: Point upwards.
- **"Thank You"**: Place your hand over your heart, then move it forward as if offering thanks.

"HELP US TO FIND THE RIGHT BALANCE BETWEEN WORK AND REST,"

- **"Help us"**: Clasp your hands together in front of you.
- **"Find the right balance"**: Move your hands in a balancing scale motion, tipping them side to side.

"TEACH US TO SIT AT YOUR FEET AND LEARN FROM YOU LIKE MARY,"

- **"Teach us"**: Point to your temple.
- **"Sit at Your feet and learn"**: Gesture sitting down, then mimic opening a book.

"REMIND US TO TAKE TIME TO LISTEN TO YOUR WORD AND TO CARE FOR OTHERS."

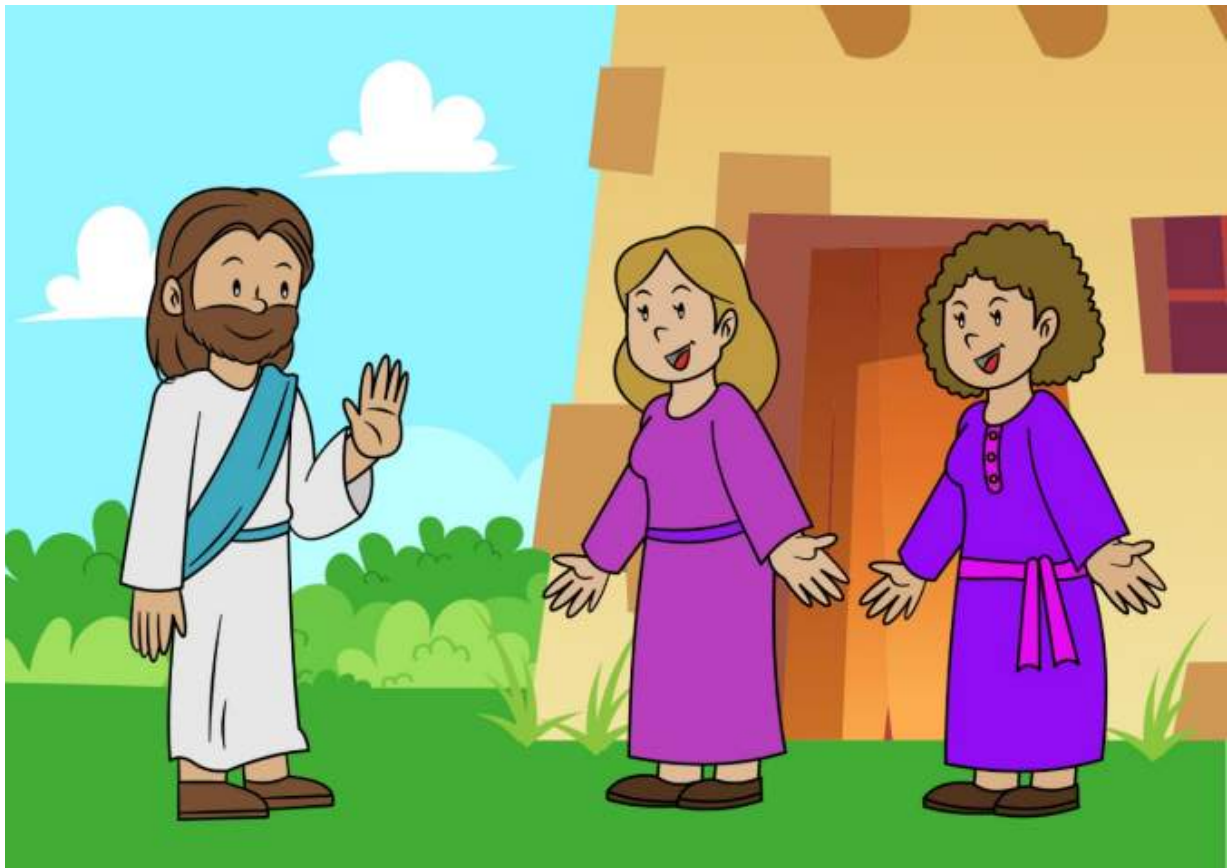
- **"Remind us"**: Tap your head with your index finger.
- **"Take time to listen"**: Cup your hand to your ear.
- **"And to care for others"**: Extend your hands outward, palms up, as if offering help.

"IN JESUS' NAME, AMEN."

- **"In Jesus' name"**: Point upwards again.
- **"Amen"**: Hands together in a praying position.

7. ADDITIONAL RESOURCES

1. Story Images
2. Worksheets















Cut and Glue by importance to you

1	2	3	4
5	6	7	8



Colour the answer

	Mary	Martha
Who did Jesus visit?		
Who cooked and cleaned to make everything perfect?		
Who sat down and listened to Jesus?		
Who treasured her time with Jesus?		
Who was upset her sister did not help her?		

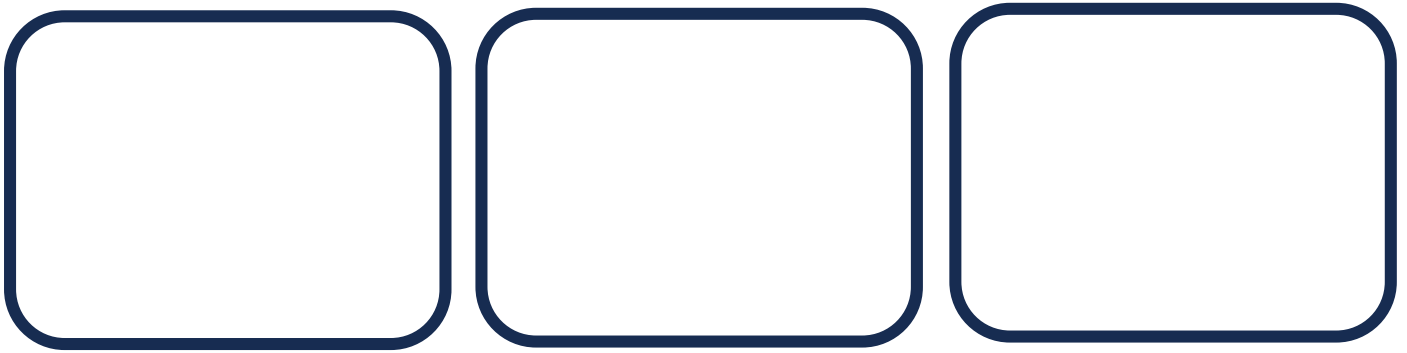
I spend my time

Colour the chart to show how much time you spent on each activity.

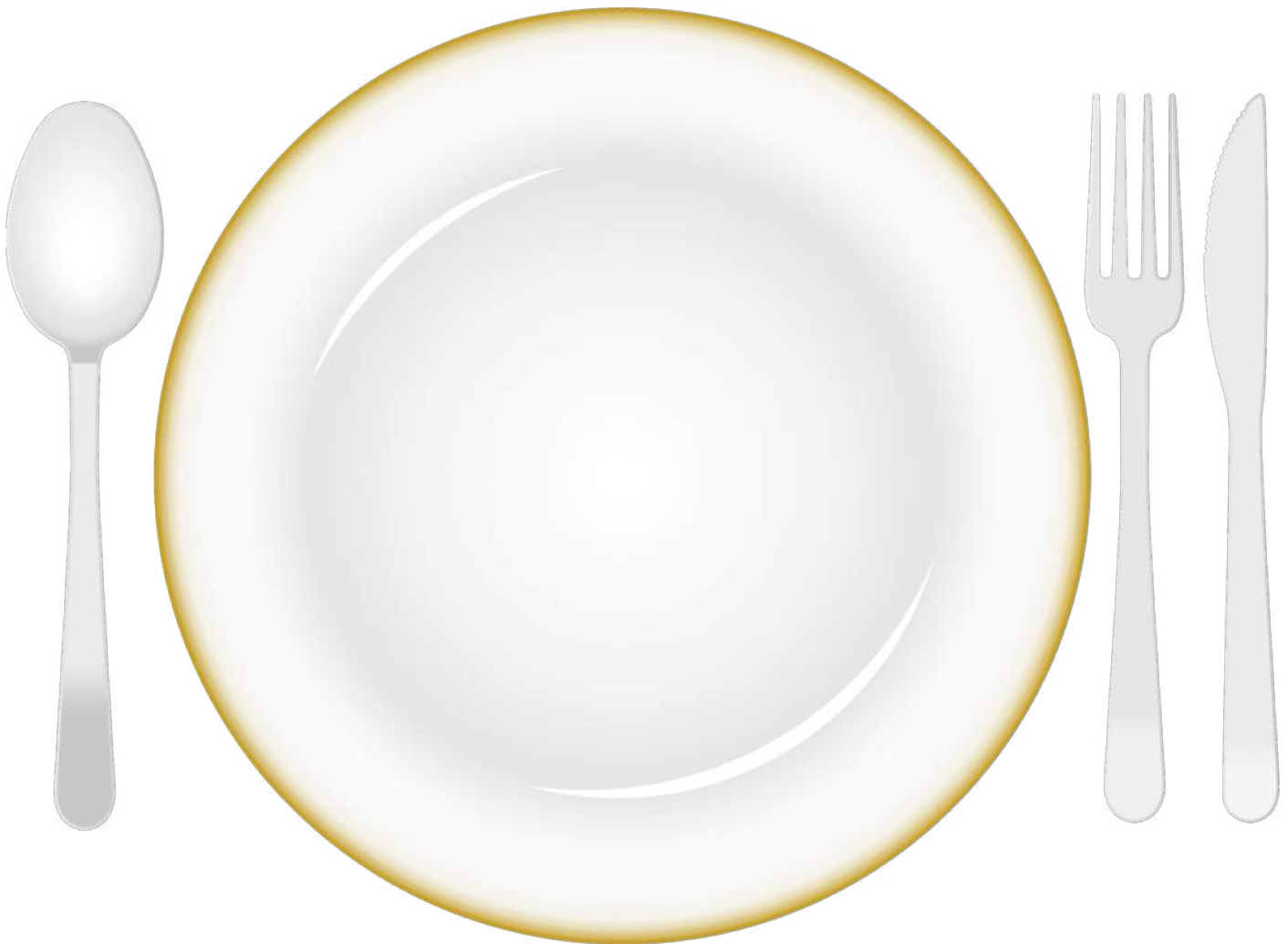
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	Playing	Learning	Sleeping	Eating	Praying	Talking

Surprise Visitor Meal Planner

Imagine you have a special guest coming to visit your home at last minute. Use the boxes below to draw three ingredients you might find in your kitchen.

Three empty rounded rectangular boxes with dark blue borders, arranged horizontally, intended for drawing ingredients.

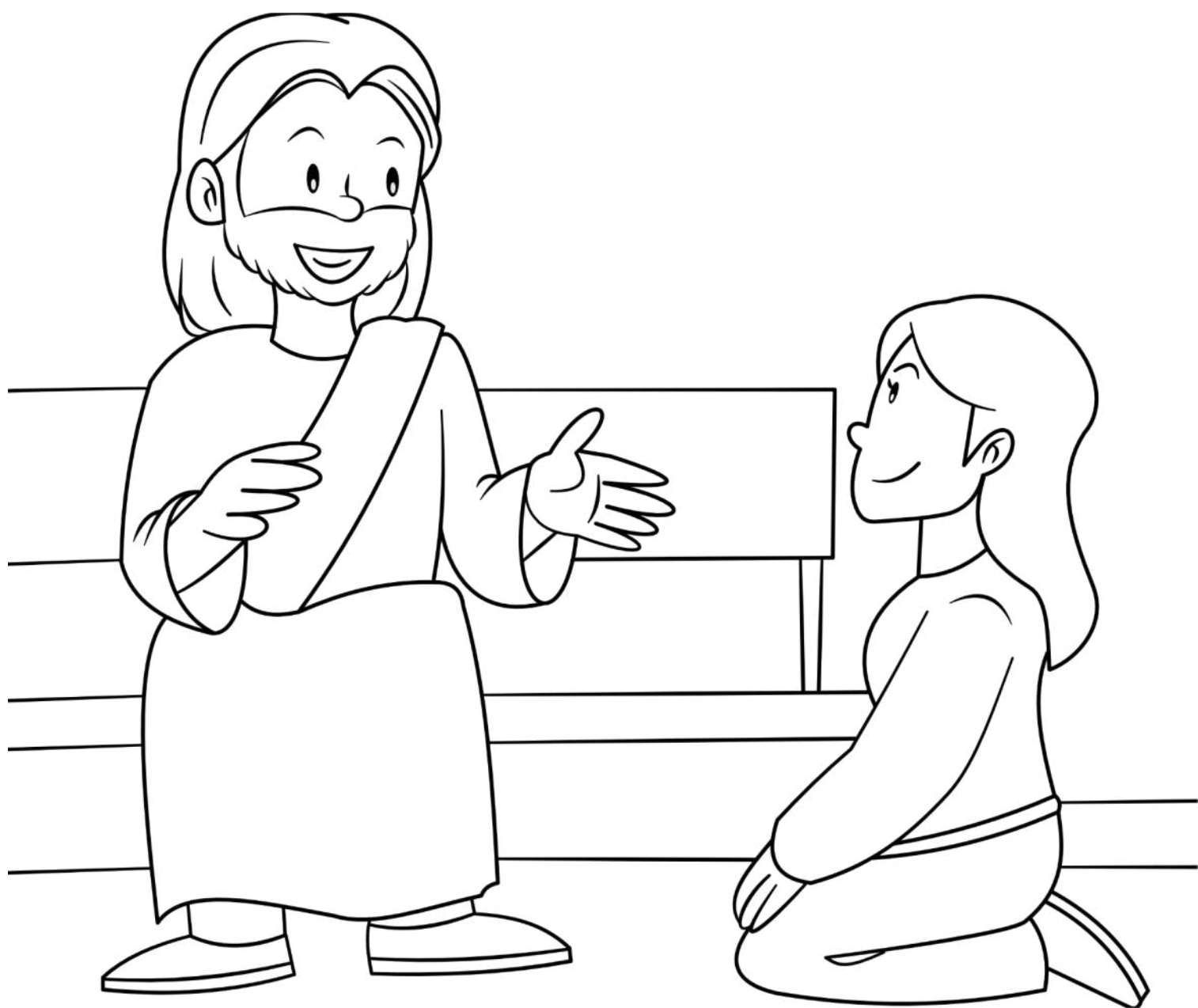
Using the ingredients you've drawn above, design a delicious meal for your visitor.





**“But only one thing is necessary. Mary has chosen
the good portion, and it will not be taken away from
her.”**

Luke 10:42



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