



Hoboken Church

5-Day Devotional: What is Better?

Day 1: The Invitation to Sit

Reading: Luke 10:38-42

Devotional: Jesus doesn't need our frantic activity; He invites us into His presence. When Martha opened her home to Jesus, she immediately began serving—a beautiful expression of love. Yet Mary chose something Jesus called "necessary"—sitting at His feet. This wasn't laziness; it was discipleship. Before we can effectively serve God, we must learn to be with God. The urgent tasks will always demand our attention, but transformation happens in stillness. Today, Jesus extends the same invitation He gave Mary: "Come, sit, listen." Your to-do list will wait. Your soul cannot. What would it look like to accept His invitation before you tackle your responsibilities?

Reflection: What is currently pulling you away from sitting at Jesus' feet? Name one specific distraction you can set aside today.

Day 2: Awareness Before Action

Reading: Psalm 46:1-11

Devotional: "Be still and know that I am God." These aren't just poetic words—they're a divine prescription for our restless souls. We struggle to know God because we refuse to be still. Awareness is the first act of spiritual health. Before Martha could receive Jesus' correction, she had to become aware of her anxious heart. The same is true for us. We don't drift away from God through rebellion; we drift through distraction. Notice the progression: service becomes pressure, pressure becomes frustration, frustration becomes resentment. But awareness interrupts this cycle. When we acknowledge what's choking our spiritual life—the cares, the comparisons, the constant motion—we create space for God to reorder our priorities.

Reflection: Where do you feel most rushed, anxious, or fragmented in your relationship with God? Write it down and bring it to Him honestly.

Day 3: Presence Over Productivity

Reading: Matthew 11:28-30

Devotional: "Come to me, all who are weary and burdened, and I will give you rest." Jesus doesn't say, "Work harder, serve more, prove yourself." He simply says, "Come." Presence doesn't require hours—it requires intention. Mary didn't accomplish anything impressive that day in Martha's eyes, but she chose the one necessary thing. She chose Jesus Himself over activity for Jesus. Transformation rarely happens in a hurry. It happens when we intentionally protect moments to simply be with Him. Not to perform, not to prove, not to produce—just to listen. Before you do for Jesus today, will you be with Jesus? This isn't about abandoning responsibilities; it's about establishing the right foundation. Love, not anxiety. Trust, not pressure.

Reflection: Choose one small, protected moment today to sit at Jesus' feet. What will you set aside to make this happen?

Day 4: Word-Shaped Service

Reading: Hebrews 2:1-4

Devotional: Jesus didn't call Martha away from serving—He called her back to center. When the Word leads, serving stays joyful. When pressure leads, serving becomes heavy. There's a crucial question for every servant of God: Has ministry replaced intimacy with Jesus? Service detached from the Word breeds resentment. We begin comparing ourselves to others, feeling unappreciated, wondering why we're carrying the load alone. But service rooted in Scripture brings life. It flows from love rather than obligation. When we listen first and serve second, we discover that God doesn't need our help—He invites our participation. The gospel doesn't depend on us; it graciously includes us. This truth transforms our serving from anxious striving into joyful worship.

Reflection: Am I serving from love or from anxiety? Has my service become disconnected from time in God's Word?

Day 5: The Good Portion That Cannot Be Taken

Reading: John 15:1-11

Devotional: Jesus told Martha that Mary had "chosen the good portion, which will not be taken away from her." What is this imperishable gift? It's Jesus Himself—His presence, His peace, His Word dwelling in us. Everything else in life can be lost: possessions, position, even our ability to serve. But what we receive at Jesus' feet remains forever. This is why abiding comes before bearing fruit. Connection precedes production. The same Jesus who welcomed

Mary, who gently corrected Martha, who went to the cross for both of them, invites you today. He carried your anxieties, your striving, your misplaced priorities to Calvary. His invitation still stands: come, sit, listen, abide. From this place of rest, everything else finds its proper place.

Reflection: What "good portion" have you received from Jesus that no circumstance can take away? How does remembering this change your perspective today?

Weekly Challenge: Each morning this week, before checking your phone or starting your to-do list, spend 10 minutes in silence with God. Read a brief passage of Scripture, then simply sit and listen. Notice what changes in your heart, your perspective, and your service to others.