

At The Feet of Jesus

5 Day Devotional

Day 1

Luke 10:38–42

Devotional

Martha is not a villain. She loves Jesus. She opens her home. She is doing good and necessary things. The issue isn't that Martha is serving; it's why and how she is serving.

Her service, which should have been an act of worship, becomes a source of frustration, comparison, and resentment.

Mary, in contrast, chooses to sit at Jesus' feet and listen. That posture—at His feet—symbolizes humility, hunger, and surrender. She is not "doing nothing"; she is doing the one necessary thing: receiving from Christ Himself.

Jesus' words cut through every busy, overextended heart: "Only one thing is necessary." Not the full checklist. Not every role filled. Not every expectation met. The one essential is to be with Him, hear Him, and let everything else flow from that.

The question is not: Are you doing good things?

The question is: Are you doing them from a heart that has been with Jesus?

Application

Reflection: How many times do you feel more like Martha—busy for Jesus but too busy to be with Jesus? What kind of emotions show up when you serve: joy and gratitude, or resentment and comparison?

Action: Today, set aside 10 uninterrupted minutes to sit quietly with the Lord. No multitasking. No phone. Just read Luke 10:38–42 slowly and imagine yourself in the room. Ask Jesus: "What is the 'one necessary thing' for me in this season?" Write down any sense, conviction, or reminder that comes to mind.

Prayer: "Lord Jesus, show me where I have become like Martha—distracted, worried, and critical. Teach me to choose the better portion like Mary. Draw my heart back to Your feet, where my soul finds what it truly needs. Help my serving to flow out of time spent with You. Amen."

Day 2

John 19:25; Mark 15:40; Matthew 27:55–56; John 20:1–18

Devotional

In their culture, women were not trusted as witnesses in court. Their testimony didn't "count" socially or legally. Yet God deliberately places women at the most critical moments in redemptive history—the cross and the resurrection. If the disciples were inventing a story, they never would have made women the primary witnesses. The only reason to write it that way is because that's how it actually happened—and because God is making a point: the kingdom of God honors those the world overlooks.

Mary Magdalene, in particular, stands out. Once possessed by multiple evil spirits, her life was broken and destructive. Jesus liberated her, and in gratitude she followed Him, served Him, and remained faithful all the way to the cross and then to the tomb. Grace turned a tormented woman into a devoted disciple.

At the feet of Jesus, there is no "second-class" disciple. Your past, your gender, your status, your reputation—none of these disqualify you from closeness to Christ or usefulness in His mission. The only real question is: Will you, like these women, stay near Him—even when it's painful, confusing, or costly?

Application

Reflection: How many times do you secretly feel "less than" or "not enough" compared to others in your church, family, or workplace? What kind of people do you tend to overlook or underestimate, even though Jesus would see and honor them?

Action: Write down one way Jesus has lifted you out of a dark, broken, or hopeless place. Thank Him specifically for that rescue.

- Choose one person in your world who might feel overlooked (a quieter church member, an elderly neighbor, a single parent, a teen on the margins). Reach out this week with a word of encouragement, a text, a note, or a small act of kindness.

Prayer: "Lord Jesus, thank You for seeing and valuing those the world ignores. Thank You that You saw me in my brokenness and did not turn away. Help me to live with gratitude like Mary Magdalene and to honor those around me the way You do. Use my life, no matter my past, for Your glory. Amen."

Day 3

Luke 10:40–42; John 21:15–22

Devotional

Both Martha and Peter struggle with comparison and misplaced focus: Martha compares her work with Mary's "lack" of work. Peter compares his calling with John's path.

In both cases, Jesus pulls their eyes back to Himself: To Martha: "One thing is necessary." To Peter: "You follow Me."

Service that doesn't spring from love for Jesus will eventually turn sour. When your "why" is wrong—people's approval, guilt, pressure, fear of disappointing others—you will burn out, become critical, or quit altogether.

Jesus is not impressed by busyness or titles. He is after your heart. He asks, not "What all are you doing?" but "Do you love Me?" Out of that love, He then says, "Feed My sheep," "Follow Me," "Serve My body."

A heart anchored at the feet of Jesus can: Serve without needing constant human praise. Handle not being noticed or thanked. Celebrate others' callings without resentment. Say "no" when needed, without guilt, because obedience—not activity—is the goal.

Application

Reflection: How many of your current commitments are driven more by pressure, guilt, or expectation than by love for Jesus? What kind of feelings arise in you when others seem less involved, less committed, or more "favored" than you? Where might Jesus be saying to you today, "Never mind about them—you follow Me"?

Action: Make a simple list of your main areas of service (church, family, community). By each one, write your honest "why" in one sentence. Ask the Lord if there is one area you need to step back from for a season, or one area where your "why" needs to be surrendered and renewed. Take one small step this week (have a conversation, adjust a role, or simply recommit with a new heart).

Prayer: "Lord Jesus, search my motives. Expose any serving I do from pride, guilt, or comparison. Bring me back to the simple question: 'Do you love Me?' Teach me to serve from love, not pressure. Help me to release what You have not asked me to carry and to be faithful with what You have given me. Amen."

Day 4

Genesis 2:2–3; Exodus 20:8–11; Mark 2:27; Luke 10:39–42

Devotional

Rest is not laziness; it is obedience. It is humility that admits, "I am not God. The world will continue if I stop for a day." In a culture that glorifies busyness, overcommitment can feel holy. You may even feel spiritual because you are always "doing" something for God, your family, or your job. But constant motion with no rest is disobedience, not devotion.

Sabbath is God's way of protecting you from: Identity rooted in productivity. Pride that believes everything depends on you. Emotional and spiritual burnout.

It is okay to say no to some good things so you can guard the most important things. That applies both to commitments and to noise: endless media, constant scrolling, and nonstop entertainment can crowd out true rest as surely as work can.

Sabbath is about more than not working; it's about being intentionally present with God—"at His feet," like Mary—so that your soul can be restored.

Application

Reflection: How many days go by where you never truly stop—no work, no striving, just being with God and resting? What kind of emotions rise up when you consider saying "no" to a good activity so that you can rest: fear, guilt, relief? Where do you rely more on your own constant activity than on God's faithful care?

Action: Choose one day (or half-day) this week to be a mini-Sabbath. During that time, avoid work tasks and major responsibilities as much as possible. During that period, do two simple things: Spend unhurried time (at least 20 minutes) in Scripture and prayer. Do one restful, God-honoring activity that restores you (a walk, a nap, reading, quiet worship music).

Prayer: "Father, thank You for creating Sabbath for my good. Forgive me for acting as if everything depends on my constant activity. Teach me to rest in You. Help me to say 'no' where I must, so that I can say 'yes' to what truly matters—time at Your feet and obedience to Your voice. Amen."

Day 5

Deuteronomy 6:4–7; Matthew 16:26; Luke 10:41–42

Devotional

Our culture measures success in numbers and accolades: GPA, job titles, income, scholarships, athletic records. None of those are inherently wrong; they can be good gifts and real opportunities. But they become dangerous when they quietly replace what matters most. Jesus' question still stands: What does it profit you or your child to gain the whole world and lose your soul? A child can excel academically and athletically yet have a cold, distant heart towards God and people. From eternity's perspective, that is a tragic loss. Focusing on the heart does not mean ignoring responsibility or effort. It means: Celebrating character over performance. Valuing faithfulness more than fame. Asking not just "How did you do?" but "How is your heart?"

For yourself and those you influence (children, grandchildren, students, younger believers), the greatest legacy is not earthly achievement but a life anchored at the feet of Jesus—knowing Him, loving Him, and reflecting His character. The same applies to your own life: your spiritual health matters more than your résumé. When Jesus evaluates your life, He will not weigh your GPA or your promotions; He will look at your heart.

Application

Reflection: What kind of "success" do you secretly crave most for yourself or your family? Worldly recognition or Christlike hearts? Where have you allowed busyness and achievement to crowd out intentional discipleship in your home?

Action: Choose one practical shift in your home or routine that prioritizes spiritual growth (for example: a short family devotion once a week, praying with your child before bed, or reducing one activity to free time for worship or fellowship).

Prayer: "Lord, help me to value what You value. Guard me from chasing achievements at the expense of my soul or the souls You've entrusted to me. Give me wisdom to lead and influence others toward You. Form in us hearts that love You above all else. May our greatest success be to sit at Your feet and follow You faithfully. Amen."