

# ARE YOU A MARY OR A MARTHA?

In Luke 10, we meet two sisters who both loved Jesus deeply—but expressed that love very differently. Most of us naturally lean more toward one than the other.

This reflection is not about labels or who is “better.”

It’s about noticing how you tend to show up **in this season** and inviting Jesus into that space.

“*Jesus loved both sisters.*” (Luke 10:41–42)

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## INSTRUCTIONS

For each question below, circle the answer that fits you best **right now**.

When you finish, count how many **Mary** answers and how many **Martha** answers you chose.

Whichever you chose more often is your result.

There are no right or wrong answers.

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1. Have you ever said: “It’s not what you said, it’s HOW you said it”?

- Yes. Tone and body language matter to me. (*Mary*)
- No. I care more about what’s actually being said. (*Martha*)

2. How would you describe your relationship with time?

- Time tends to get away from me when I’m focused on people or moments. (*Mary*)
- I value structure and try hard to be on time. (*Martha*)

3. When someone hurts your feelings, you usually...

- Forgive them internally and process it quietly. (*Mary*)
- Address it directly so it can be resolved. (*Martha*)

4. Which statement sounds more like you?

- My emotions often guide my reactions and decisions. (*Mary*)
- I rely more on logic than emotion when making decisions. (*Martha*)

5. When a loved one is upset, you instinctively...

- Listen, sit with them, or offer comfort. *(Mary)*
- Look for a solution or way to fix the problem. *(Martha)*

6. How do you experience emotional overwhelm?

- I feel things deeply and can become emotionally overwhelmed. *(Mary)*
- I tend to stay steady and push through emotions. *(Martha)*

7. Which love language feels most natural to you?

- Quality Time, Physical Touch, or Words of Affirmation. *(Mary)*
- Acts of Service. *(Martha)*

8. Which practice describes you best?

- I like journaling, reflecting, or praying through my thoughts. *(Mary)*
- I prefer staying busy and focused on tasks or responsibilities. *(Martha)*

9. When planning a gathering or event, you usually...

- Focus on being present and enjoying people. *(Mary)*
- Focus on details, preparation, and logistics. *(Martha)*



## YOUR RESULTS

### MOSTLY MARTHA

You are practical, dependable, and action-oriented. You show love by serving and doing what needs to be done. Like Martha, you care deeply and carry responsibility well.

**Encouragement:**

Your work matters—but remember that sitting at Jesus' feet is never wasted time.

### MOSTLY MARY

You are relational, reflective, and emotionally aware. You value connection, presence, and listening. Like Mary, you choose intimacy and attentiveness.

**Encouragement:**

Your sensitivity is a gift. Don't let the world convince you it's a weakness.

### A MIX OF BOTH

You balance action and presence, service and reflection. You may feel pulled in different directions—and that tension can be holy.

**Encouragement:**

Ask God daily what is needed today: action or stillness.

## FINAL THOUGHT

Jesus loved both sisters.

This reflection isn't about choosing one over the other—it's about recognizing how you're wired and inviting Jesus to meet you there.

**Closing Prayer Prompt:**

*Jesus, help me notice where I'm leaning in this season, and invite You into that space.*

### Group Reflection Questions:

- What season of life are you in right now?
- What do you sense Jesus inviting you into?

