**Friday 17th April**

Luke 10: 38 – 42

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. **39**She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, ‘Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!’

‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things,but few things are needed – or indeed only one.Mary has chosen what is better, and it will not be taken away from her.’

So we are at the start of another three weeks of lockdown. I wonder how you are feeling about that? Thinking of Mary and Martha, those friends of Jesus,  this morning, I would imagine that Mary would relish the opportunities given by lockdown, and Martha would be just climbing the walls, longing to get everyone round to her place for a BBQ! Different personalities will be going through this time with different challenges. I am certainly one who tends towards the Martha personality type. I like to be busy, active, with people. This morning I woke feeling preoccupied and with lots of different things calling for my attention. It can be hard to find the head space to sit at the feet of Jesus. The good news is that we can do that in loads of different ways! If hours of silent contemplation are not your thing, then put on worship music and sing and dance before the Lord! If that *is* your thing, then wonderful, enjoy the beauty of His presence and peace! The key thing is not to miss the one thing that is needed – to spend time at the feet of Jesus. There is no better place to be! In that place we find ‘strength for today and bright hope for tomorrow’.

<https://youtu.be/2eQ1oal44wU>

*Lord Jesus, we confess that so often we are worried and upset about many things and find it difficult to come and sit at your feet. Give us grace to choose what is better today. We thank you that you love it when we come to you, and that you always welcome us with arms wide open. We ask you that today we would encounter your love in a fresh way.*

*We pray for those for whom the extension of the lockdown feels like a bitter blow. For those whose home life is painful or difficult, for those struggling with loneliness, for those afraid or in pain. We ask you to strengthen them today, to bring peace, healing and your transforming presence. We continue to ask you to bring an end to this virus – to bless those that are searching for cures and solutions – to minister to those that are on the frontline, bringing help and compassion to those that are sick. In Jesus name. Amen*

