

**“Chose the Best”**  
(Luke 10:38-42)

**Martha**

Martha was distracted!

*What in my life is distracting me from choosing the best?*

Martha had a bad attitude about serving!

**Mary**

Mary was devoted!

Mary chose the best!

**How can we choose the best?**

Make time for Him

Enjoy Jesus throughout the day

Special times with Jesus

**Take Away**

*What are some practical ways I can avoid distraction and cultivate intimacy with Jesus?*