



The Harness Devotional

31 August – 5 September, 2026

Martha & Mary: Sisters of Lazarus

Verses:

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. 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 only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." (NIV).

Song of the Week: ["Sitting at His Feet" - by Marilyn Baker.](#)

"Sitting at His Feet" by Marilyn Baker is a gentle Christian worship song encourages us to enter into intimate prayer, quiet devotion, and surrendered stillness in the peaceful presence of Jesus.

Monday Day 1: The Trap of Distraction

Scripture: "But Martha was distracted with much serving." — Luke 10:40

The Message: Martha loved Jesus. She opened her home to Him and wanted everything to be perfect. But her desire to serve turned into a trap of distraction. In our busy lives, it is easy to let good things—like work,

chores, and even church activities—pull our focus away from Jesus Himself. God does not want us to get so busy working for Him that we forget to spend time with Him.

Reflection Question: What good things are distracting you from Jesus right now?

Prayer: Lord, help me quiet my mind and focus on you above my daily to-do list.

Tuesday Day 2: The Better Part

Scripture: "Mary sat at the Lord's feet and listened to his teaching." — Luke 10:39

The Message: While Martha rushed around, Mary made a radical choice. She sat down at the feet of Jesus. In that culture, only men were allowed to sit and learn from a teacher. Mary broke the rules because she hungered for truth. Jesus said she chose the "better part," and it would not be taken away. True rest begins when we prioritize listening to God's voice over meeting everyone else's expectations.

Reflection Question: How can you intentionally create a moment to "sit at Jesus' feet" today?

Prayer: Jesus, remind me that my worth is found in sitting with you, not just achieving things.

Wednesday Day 3: The Danger of Comparison

Scripture: "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." — Luke 10:40

The Message: Martha's distraction quickly turned into frustration and resentment. She started comparing her hard work to Mary's rest. Comparison is a joy-killer. It makes us bitter toward others and angry at God. When we focus on what others

are or aren't doing, we lose our peace. Jesus responds to Martha with deep tenderness, inviting her out of her anxiety.

Reflection Question: Who are you comparing yourself to right now, and how is it stealing your peace?

Prayer: Father, guard my heart against bitterness and help me celebrate how others follow you.

Thursday Day 4: Honest Grief in the Waiting

Scripture: "Martha said to Jesus, 'Lord, if you had been here, my brother would not have died.'" — John 11:21

The Message: Fast-forward in time, and heartbreak hits home. Their brother Lazarus dies, and Jesus arrives "late." Both Martha and Mary say the same words to Jesus: "If you had been here..." They were grieving and confused. God is big enough to handle your questions, your disappointment, and your tears when life does not go according to your plan. He does not scold them for being sad; He meets them in it.

Reflection Question: What disappointment do you need to bring to Jesus today honestly?

Prayer: Lord, thank you that I can be completely honest with you when life hurts and makes no sense.

Friday Day 5: The Resurrection Life

Scripture: "Jesus said to her, 'I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live.'" — John 11:25

The Message: Before Jesus performs the miracle of raising Lazarus from the dead, He gives Martha a promise. He reminds her that hope is not just an event in the future—hope is a Person standing right in front of her. Even when your situation feels completely dead and buried, Jesus holds the power to bring new life, joy, and purpose out of the ashes.

Reflection Question: What area of your life feels "dead" and needs the resurrection power of Jesus?

Prayer: Jesus, I believe you are the resurrection and the life. Speak life into my dead situations.

Saturday Day 6: Extravagant Worship

Scripture: "Mary therefore took a pound of expensive ointment made from pure nard, and anointed the feet of Jesus." — John 12:3

The Message: After Lazarus is raised, we see Mary sitting at the feet of Jesus one last time. This time, she is pouring out a perfume worth a whole year's wages. She did not hold back. She gave her absolute best to honor the King. True worship is never a waste. When we realize how much Jesus has saved us from, our natural response is to pour out our love, our resources, and our lives in deep gratitude.

Reflection Question: What is your "expensive perfume"—the best thing you can offer to Jesus as worship?

Prayer: Holy Spirit, teach me to worship Jesus with a generous and unreserved heart.