**Daily Prayer and Encouragement – Saturday 5th December**

*“The Lord answered her, ‘Martha, my beloved Martha. Why are you upset and troubled, pulled away by all these distractions? Are they really that important? Mary has discovered the one thing most important by choosing to sit at my feet. She is undistracted, and I won’t take this privilege from her”*

*(Luke 10: 41-42 The Passion Translation)*

“Have I remembered everyone’s presents?”

“Will I be able to pay off my credit card in January?”

“How will I decide who will be in my Christmas bubble?”

Christmas 2020 – ‘tis the season to be jolly – jolly careful (according to Boris Johnson) and jolly anxious – at least that is how it can feel.

I find it so sad that what should be a joyous time of year, especially for Christians, can end up being a season to “survive” rather than one in which to “thrive”. There is just so much to think about and do – the pressure is on. But this is not what God wants for us. I always remember Martha at Christmas (I think we would have got on well!) but most of all I remember Jesus’ words to her in this passage. The most important thing we can do this Christmas, and indeed at any time of year – is to sit at Jesus’ feet. This doesn’t mean that we have to go on an Advent retreat for a week or even a day (though if you can, go for it!) But we can all be intentional about setting aside a period to be still and sit at the feet of our Living Lord. If we open ourselves to receive from Him, surely, He will give us all we need not only to survive but thrive.

**Time of Reflection**

Can I invite you to take some time to spend alone with Jesus? You may like to go into a room by yourself and light a candle. Below are the words of today’s scripture but with you name instead of Martha’s. Read these words slowly, opening your heart to your Saviour and friend.

“*your name*, my beloved *your name*, Why are you upset and troubled, pulled away by all these distractions? Are they really that important? Mary has discovered the one thing most important by choosing to sit at my feet.”

If you would like to, close your eyes, and imagine yourself sitting down next to Mary, at Jesus’ feet. Be still and know that He is God. He is in control and He loves you. Enjoy being with Him.

With love and blessings

*Tracey Nicholls*