

# Summertime

## UNIT THREE

Some things that may help

A Bible

a package of  
M & M type candies  
two dishes

paper and pencil



**LET'S BEGIN:** Let's look for balance: ways to meet our own needs and meet the needs of others: seeking to find both/and.



**LET'S PRAY:** Thank you, God, that you invite us to love ourselves and to love others. Amen.



**LET'S CHECK IN:** We can each share what was the best thing that happened to each of us today. Who took time to listen to us, today?



**BIBLE STORY: LUKE 10:38-42.** Jesus came to dinner at the home of Martha and Mary. Mary sat right down to listen to everything Jesus wanted to tell her. Martha was checking things off her To Do list so their dinner would be perfect. Martha thought Mary ought to be helping her. "Mary gets it," said Jesus. "She understands she needs to take care of herself and then she can help others."

**WONDERING TOGETHER:** What could Mary and Martha have done so they could both enjoy Jesus' visit? When are there some times we need to be "Martha?" (preparing meals, doing the wash, etc.). What are some ways we are "Mary?" (Time spent in prayer, learning, getting exercise, etc.).



**LET'S CHOOSE:** We can decide which activities to do.



**MARTHA'S AND MARY'S STORIES:** Working together, let's try to figure out what was going through Martha's mind. (Things like: Why me? Doesn't anyone else care if the table looks beautiful and the napkins are folded in my special way?) What might Mary have been thinking? (Jesus is here in our house; I don't care WHAT we have for supper.)



**M & M's:** Choosing one dish for "Mary" projects and another for "Martha" tasks, we can open a packet of M & M candies. As we think of things we do as a family we can put an M & M in the appropriate dish: (watching a DVD together: Mary; walking the dog: Martha. We will probably pop some of the M & M's in our mouths as we do this project.



**A NEW MARY PROJECT:** We can each choose a "Mary" project for this summer. Maybe it is getting agreement from the family that you will have 20 minutes a day alone in your room to read. Perhaps it is we will take a walk after dinner three days a week. We can make choices.



**A NEW MARTHA PROJECT:** Maybe we will find a task that one member of the family has had to do and share it: folding our own laundry, for example. Maybe we will choose one a day a month to volunteer in a food pantry or shelter for the homeless. (Our church can help us identify an agency that needs help from families.)



**MARTHAS AND MARYS FOR OUR FAMILY:** Selecting a "Mary" project (a picnic in the park? a DVD to watch together, etc) we list the "Martha" projects that need to be done first (wash dishes, walk the dog?) When we have finished the Martha project, we can enjoy our Mary project.



**PRAYING TOGETHER:** Thank you, God, for helping us do both/and. Amen.



To Go  
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