

# CHRISTIAN LIFE NOTES

Oregon District LWML Volume 97 December 2025

## Choosing the Good Portion

**Luke 10:38-42** *Now as they went on their way, he entered a village; and a woman named Martha received him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; 42 one thing is needful. Mary has chosen the good portion, which shall not be taken away from her."*

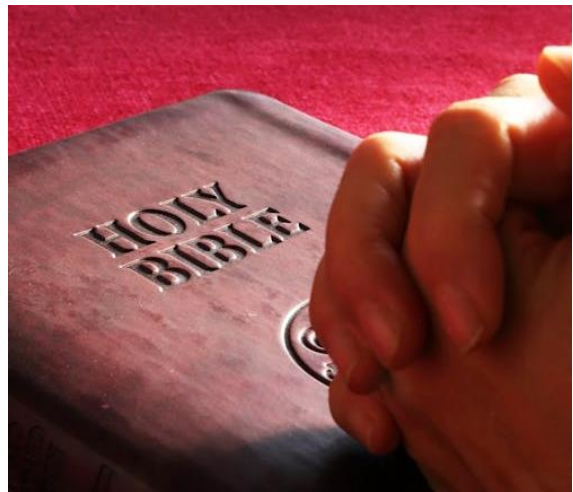
I have lists lying around everywhere. Grocery list, gift list, menu list, checklist for cleaning, Christmas card address list, lists that get bigger with every breath I take. Why did I sign up for that cookie exchange? Should I get a larger turkey? I really should get a new tablecloth; the gravy stain from last year is visible if you look closely. I'm not sleeping well and honestly not much fun to be around. Little wonder why. My thoughts are "anxious and troubled about many things". I'm rushing around in Martha's shoes. I'm doomed without your help Lord. Help me be like Mary.



These verses help calm my heart:

**Psalms 46: 10** *Be still and know that I am God; I will be exalted among the nations. I will be*

*exalted in the earth.* Dear Father, help me slow down. Help me read and meditate on your word. Help me to be still and sit at the feet of Jesus. Left on my own I will miss the joy, the wonder of Jesus birth.



**Luke 2: 8-14** *And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. 9 An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. 10 But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. 11 Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. 12 This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."*

*13 Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 14 "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."*

"Joy to the world the Lord is come! Let earth receive her king; Let every heart prepare Him room and heaven and nature sing, and heaven and nature sing And heaven and Heaven and nature sing." (Joy to the World LSB 387:1)

Linda Jeffrey Redeemer Lutheran Church Tillamook, OR  
Pictures : Pexels.com