

Bowl

Memory Verse: 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.' Luke 10:41-42



Study Plan: You will learn that Mary and Martha both loved Jesus, but they showed their love in different ways. Martha was a "doer" and Mary was a "thinker". You will learn that both of these ways of acting are important in your life.

To earn the Bowl badge you will need to do the following:

Step 1: Jesus visits Mary and Martha (Luke 10:38-42)

Leader's initials ____



One day Jesus stopped at the house of his friends Mary and Martha. Martha got very busy picking up the house and fixing food for lunch. She was working very hard to make everything just right for Jesus. She noticed that Mary was not helping at all! In fact, Mary was just sitting next to Jesus listening to him talk!



So Martha went to Jesus. Martha said, "Why don't you tell Mary to come and help me in the kitchen? I'm doing all the work here and she is just sitting, listening to you talk."

Jesus said to her, "Martha, Martha. You are so worried and distracted by other things. There is only one really important thing to do right now, and Mary is doing it!"





Whom did Jesus visit? _____

What was Martha doing for Jesus? _____

What was Mary doing? _____

What did Jesus say was more important? _____



Do 2 of the following activities Leader's Initials _____

❖ Pretend with your group members that you are Mary, Martha and Jesus. Act out the story

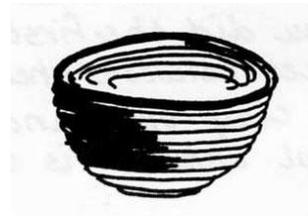
❖ When you can't be with someone you love, you can send them a letter or a note. Make a card for someone who might be lonely and illustrate it with drawings to make it bright and cheerful. A teacher, relative or friend will enjoy hearing from you.



❖ Clay pots were used for cooking, eating and carrying food in biblical times. Make a clay pot following these instructions.

You will need these materials:

1. air dry modeling clay
2. waxed paper
3. any size bowl (plastic margarine bowls are fine)
4. vegetable shortening

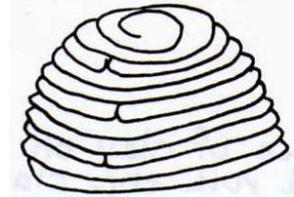


Directions:

- a) Place a small piece of clay on a sheet of waxed paper and roll the clay with the palm of your hand to form a long thin rope.
- b) Turn a bowl upside down. Spread the outside of the bowl with shortening.
- c) Place one end of the clay rope at the center of the top of the upside-down bowl. Wind the rope around itself and the bowl.
- d) Keep the clay wet by dipping your fingers in water as you work with it.



- e) Press the rope firmly against itself as you wrap it around so there are no spaces showing. Roll another rope of clay about the same length and thickness as the first. Wet the rope and press one end against the end of the one on the bowl.
- f) Wrap it just as you did the first. Be sure there are no spaces between them.
- g) Continue making clay ropes and winding them around the bowl until it is completely covered.
- h) Allow clay to dry until it is very hard.
- i) Turn the bowl right-side up and carefully lift the bowl out of the coiled clay.
- j) The bowl can be left the way it is or it can be painted with acrylic paints and sealed with acrylic craft spray.



Step 2: The importance of work Leader's initials_____

Catherine was lazy. No matter what you asked her to do, she would always have some excuse. For every job, she would say, "I can't; it's too heavy." Or, "I can't; I'm too tired." However, she was never tired when it was playtime or when her friends wanted to go bike riding. Then she was always ready and said, "All right, I'll be with you in a minute."

Catherine's mother had told her many times that it was not fair that she never helped with the work at home and yet was ready to run off and play. That did not seem to make any difference to Catherine. But one day Mother had a bright idea.



The next morning Catherine stayed in bed so long that she was late for school. Usually Mother would call her in good time, only to be answered by a dozy, "I can't get up; I'm sleepy." This time Mother let Catherine get up when she liked and that was very late indeed. She was cross when she came downstairs and wanted to have her breakfast immediately. But there was none for her. "Why don't you get my breakfast?" she asked. "I can't," said Mother, "I'm so tired."

Very angry, Catherine ran off to school without any breakfast. She was so late that the teacher scolded her right in front of the whole class. On her way home from school, Catherine climbed a fence and tore a hole in her jeans. When she got

home, she wanted Mother to mend the hole at once. "I can't", said Mother. "I'm too busy."

Catherine was hungry after school because she had not had much to eat that day. She was very surprised that mother did not have a snack all ready for her. "Where is my snack?" asked Catherine. "I can't. I'm tired. I just didn't feel like making a snack today," said Mother.

Catherine stormed out of the house to play with her friends. But as she was going down the street she began to think things over. Perhaps Mother was tired after all. Maybe she really did need someone to help her. Perhaps she really was too tired to get her own supper ready. Catherine went back to her house and peeped through the window. Her mother had gone to sleep in her armchair! At once she realized



that this was her opportunity to make things right. She crept into the kitchen and started to set the table. She put pretty flowers from the garden in a vase. Then she noticed she had forgotten the butter dish. Unfortunately, it was a little greasy and it slipped out of her hands, falling with a crash to the floor.

Mother awoke and thought something dreadful had happened. But her fears turned to joy when she saw the neatly

set table. "Well!" she exclaimed, "who would have believed that you could set a table so nicely?" They had lovely meal together. After dinner, Catherine's friends came to see if she could play. "Sorry, I can't come," said Catherine, "I'm going to help my mother this evening."

But when Mother overheard this, she came running to the door. "It's all right, Catherine. You can help me tomorrow." Overjoyed, Catherine ran off to play with her friends.

Adapted from "Lazy Laurie Became Mother's Helper" Bedtime Stories, vol. 1, pages 74-79, by Arthur S. Maxwell, Copyright 1976 Review and Herald ©. Used by permission.



What did Catherine say when her mother needed help? _____

What did Catherine say when it was time to play? _____

How did Catherine feel when she saw her mother asleep in her armchair? _____

Why is it important to help our parents? _____



Choose 2 of the following activities: Leader's initials _____

❖ Make a coupon booklet to give away. Make 6 pages in the coupon book. Write down chores you are willing to do, such as taking out the trash, walking the dog and babysitting. Give this coupon booklet to someone you love.

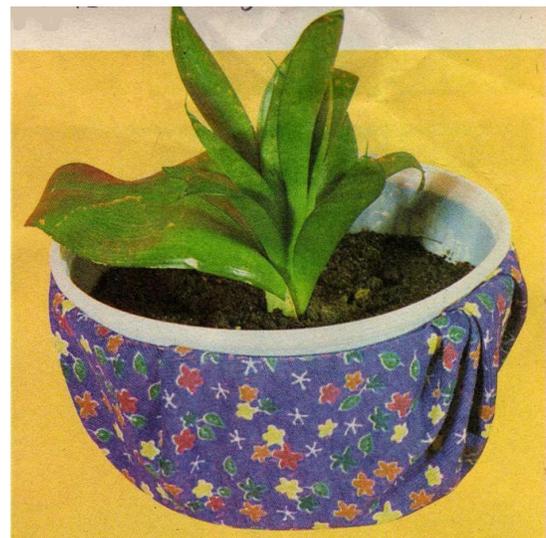


❖ Make or bake something to share with your family or other special people. Remember that your thoughtfulness and care in the preparation is your gift to God.

❖ Make a festive planter for your windowsill or to give away.

A festive planter for the windowsill

1. Find two plastic tubs that are the same size.
2. Set a tub on a large piece of fabric. Trace around it onto the fabric. Measure the height of the tub and add two inches to that. Enlarge the circle by that amount on all sides.
3. Cut out the large circle. Set the tub in the center. Fold the edges of the fabric up and into the tub.
4. Place the other tub into the fabric-covered tub. Staple the side of the tubs together.
5. Put pebbles in the bottom of the planter for drainage. Add soil and a plant.



Step 3: The importance of quiet time and rest

Leader's initials_____



Talk with your group about these questions.

- ? What would it be like if people worked all time and never played or relaxed?
- ? Why do we have recess at school?
- ? Would anything new ever have been invented if people didn't take time think and daydream?
- ? Is it important to spend time talking and listening to God?
- ? Why do we take time off of work for the weekend?



❖ Go outside with your group. Spread out from your friends and sit down to listen. Don't talk to each other. Just listen to the world around you. The longer you sit, the more things you will hear.

❖ Draw a picture of yourself with Jesus. What are you doing in the picture?

Step 4: Putting it all together

Leader's initials _____



Jesus loved both Martha and Mary, even though they were very different. We are all like both Mary and Martha. There are times when we need to do our work and help other people. But there are also times when we need to be quiet, listen and think. It is important to pay attention to both our "doing" side and our "thinking" side.

God made many different kinds of people. Some people are happiest keeping busy doing lots of things. Other people are just as happy reading a book or writing a poem. Usually people are a little bit of both. They enjoy their work, but they also need quiet time to relax and think.

Talk with your group about these questions.

- ? How do you feel about your responsibilities and chores?
- ? What do we mean when we say, "that's a labor of love"?
- ? Do we ever get so busy that we forget about our "Mary" side?



Walnut and rice craft

For this craft you will need:

- A medium size (14 ounce) jar
- 2 cups of rice
- 4 walnuts

Take the rice and put it into the jar. Now try to fit in the 4 walnuts. Can you fit everything in?

Try taking the rice back out and put the walnuts in first. Then pour the rice in between the walnuts. Can you get more into the jar this way?

The walnuts represent the *important things* in life, such as praying and listening to God. The rice represents all the *little things* in our life such as sports, TV, and shopping. If you put God first in your life, everything else will fit in around God.

Label the jar "Seek God first in your life and everything else will be taken care of." Luke 12:31



Color this badge for your notebook.

