

“The Recipe for a Blessed Life” (Luke 10:38–42)

Summary 《Lk.10:42》

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A story about cake. A recipe requires not only the ingredients but also the correct order. This year's church theme is 《Psalm 1:1–4》: “Blessed is the one who delights in the law of the Lord and meditates on it day and night. That person is like a tree planted by streams of water.”

For a blessed life, for a life of faith, let us listen to the Word of Jesus.

1. The One Thing That Is Absolutely Necessary 《v.42》

It is significant that this passage comes right after the parable of the Good Samaritan. Just when we feel, “Now, let’s take action!”, this text tells us that *before* action, something more important exists. The message from the Lord here is: choose just one thing.

The recipe for a blessed life is to put what is absolutely essential as the top priority. No matter how the rest is ordered, there is only *one* element whose priority order must not be mistaken.

That is what Mary did 《v.39》.

The main verb is: “was listening to the Lord’s word.”

The phrase describing her attitude is: “sitting at the Lord’s feet” → both her time and space were fixed on Jesus, listening to what He was speaking.

This shows what a life *without choosing* looks like.

2. A Life Without Choosing 《vv.38, 40》

That is the figure of Martha.

《v.38》 In the beginning, there was joy.

But that joy was lost, and she became weary.

《v.40》 A daily life that seeks fulfillment and a sense of achievement through activity only becomes busier and busier.

Then, her true desires and her actions become unbalanced.

She no longer understands what her own heart truly longs for, and her heart loses its stability.

Then begins the comparison with others:

“Why am I the only one who has to go through all this?”

She falls into self-pity, cannot grasp God’s love, and ends up full of resentment, complaint, and grumbling.

3. What Jesus Did 《vv.41–42》

Jesus called Martha by name.

Jesus not only saw Martha’s outward actions but also knew well what was in her heart.

He looked at her, paid attention to her, and kept watching her.

What she can taste at God’s side is love.

And what He taught was: choose the one thing that matters most.

Each and every day, let us start anew, filled with love.

This is the recipe for a blessed life.

Here, Martha’s response is not recorded.

It ends with Jesus’ words.

This is a challenge directed at us.

Let us choose the one thing that is necessary, and walk the path of a blessed life.