

One Thing Is Needed – Choosing The Better Portion

In a world of distractions, what does it mean to sit at Jesus' feet and choose Him as our portion?

Life is full of good things, yet not all of them are necessary. The story of Mary and Martha in Luke 10:38-42 brings this truth into focus. Martha busies herself with preparations, serving Jesus with the best intentions, while Mary simply sits at His feet, listening to His words. When Martha expresses her frustration, Jesus gently redirects her, affirming Mary's choice as the "better portion." This moment reveals a profound truth: Jesus isn't seeking our busyness—He desires our presence.

A Jealous God with Relentless Love

Exodus 34:14 declares that God's very name is Jealous. This isn't a petty or insecure jealousy; it is a holy, passionate desire for the hearts of His people. He longs for an exclusive relationship with us, not out of need, but because of His profound love.

God's jealousy doesn't carry condemnation but rather a deep yearning. It's a relentless pursuit, a love so intense that it drove Him to send His Son to reconcile us to Himself. This isn't about demanding perfection—it's about drawing us closer, freeing us from distractions, and anchoring our lives in Him.

Choosing the Better Portion

Mary's choice to sit at Jesus' feet highlights the necessity of prioritizing His presence. Her decision wasn't accidental; it was intentional. She chose the better portion, allowing her soul to be nourished by the words of Christ. Psalm 16:5-6 echoes this sentiment: "The Lord is my chosen portion and my cup; you hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance."

This choice is still ours today. The invitation to make Jesus our portion is open, but it requires intentionality. Serving and doing good are important, but they should flow from being with Him first. When we focus on His presence, our lives are naturally transformed, and our actions align with His will.

Worship as Pure Adoration

True worship flows from adoration—a heart captivated by the beauty and goodness of God. Worship isn't about what we can receive but what we can give. Revelation portrays heavenly beings who fall down in awe, overwhelmed by new revelations of God's glory. This ceaseless wonder reflects the infinite depth of His character.

Worship, then, is not a performance or a means to an end. It's an offering—an unfiltered, pure response to who God is. It's easy to let self-centered motives creep in, even in worship, but God invites us to recalibrate. He desires a heart wholly fixed on Him, not for His benefit, but for ours. When we see Him clearly, our response is natural: adoration and surrender.

The Relentless Pursuit of God

From creation to the cross, God's story is one of relentless pursuit. He created us for intimacy, established covenants to draw us close, and sacrificed His Son to bridge the gap between us. His desire for relationship is woven into every page of Scripture.

This longing is not abstract. God's jealousy is a deep, personal desire for your heart. He wants to be your daily bread, not just your occasional help. He asks for your undivided attention, not as a task but as an invitation to experience His fullness. In this space of intimacy, distractions fade, and transformation begins.

A Call to Refocus

The choice is before us every day: to prioritize the urgent or the eternal, to focus on tasks or the One who sustains us. Jesus calls us to the better portion, to sit at His feet and let Him be our portion. This is not about earning His love or approval—it's about responding to His relentless pursuit with our undivided devotion.

Prayer Prompt:

“Jesus, thank You for being our portion and inheritance. Draw our hearts closer to You and help us see where we've been distracted or misplaced our focus. Teach us to sit at Your feet and listen, to worship You with pure adoration. Let our lives be an offering that reflects Your worth and beauty. Remove anything that competes for our attention and fill us with a deeper hunger for Your presence. We choose You, Jesus, above all else. Amen.”

Discussion Questions:

- What are some practical ways to create space in your life to sit at Jesus' feet?
- How can understanding God's jealousy transform the way you view His love?
- What steps can you take to ensure that your worship is focused solely on God, free from self-centered motives?