



Mary Christmas
a christmas meditation

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Christmas has a way of sneaking up on us, doesn't it?

One minute, it's pumpkins and falling leaves; the next, tangled lights, frantic trips to the store, and minute-by-minute tracking of the latest Amazon package.

We all feel it—*the rush of modern life*.

This meditation is your simple invitation to quiet the rush and sit at the feet of Jesus.

As I'm writing this, I couldn't help but wonder if maybe it's no coincidence that Jesus' mother was named Mary, and the example we will explore for this meditation comes from another Mary. Something about the name seems to go hand-in-hand with staying close to Jesus.

Because maybe, just maybe, that's where the real present is.

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The Christmas season arrived with its familiar rhythm—endless to-do lists, crowded calendars, and the pressure to make everything just right. The decorations must be perfect. The meals must be flawless. The gifts must somehow speak volumes about our love.

But if we're not careful, we'll miss the *better* part.

In Luke 10:38-42, we meet two sisters: Martha and Mary. Martha is overwhelmed, **“distracted by all the preparations that had to be made.”** You can almost hear the pots clanging in the kitchen, the sighs of frustration, and the hurried footsteps.

Her busyness feels familiar, doesn't it? It feels like us—especially at Christmas.

Meanwhile, Mary sits at Jesus' feet (a Hebrew idiom for discipleship). No clanging pots, no hurried pace. She's still, fully present, hanging on His every word.

Martha's response is understandable: **“Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!”** Her frustration spills over. She's doing all this for Jesus, after all. *Doesn't He care?*





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But Jesus' response is both gentle and firm:

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Martha wasn't wrong to want to serve. But she missed the heart of it. She let her *preparation* distract her from His *presence*.

Christmas is a season of preparation—yes, there's much to do. But it's also a season of presence, of sitting at the feet of the One who came to us as Emmanuel, God with us.

The truth is, we're all sitting somewhere this Christmas. Some of us are at the table of consumerism, filling ourselves with more than we need. Some of us are on the couch of entertainment, numbing ourselves from the stress. Few of us are at the feet of Jesus, letting His words bring peace, joy, and rest to our weary souls.

Choosing the better part this Christmas doesn't mean neglecting what needs to be done. The gifts, the meals, the gatherings—they matter. But the posture of our hearts matters *more*.





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So, as you celebrate this Christmas, consider this: *How will you carve out time to sit at the feet of Jesus?*

I want to offer two quick ideas.

FOR INDIVIDUALS: Begin Christmas morning in solitude; set aside a few minutes with your Bible and favorite worship song before the festivities begin to posture your heart in His presence.

FOR FAMILIES: Gather before the gift-giving to pray and read the nativity story, grounding your hearts in the reason for the season.

Mary Christmas!

PS: I get it—two women named Mary can make this feel like a “women’s-only” kind of thing. But let me remind you, fellas, sitting at Jesus’ feet isn’t about gender; it’s about posture.

David, the warrior king, knew how to sit before the Lord. The beloved disciple, John, leaned on Jesus’ chest at the table. Paul, the apostle, counted all his achievements as garbage compared to knowing Christ.

So yes, guys, we, too, can occupy Mary’s posture. Because at the feet of Jesus, it’s not about who you are but who He is.

And there’s room for all of us there.



