

## Being Reattached

### Day 1: Distracted by Many Things

#### Devotional

We live in a world of endless distractions. From the moment we wake up to the buzz of our phones to the last email we check before bed, our attention is constantly being pulled in different directions. Sound familiar? This was Martha's struggle too. While hosting Jesus in her home, she became 'worried and distracted by many things' while her sister Mary simply sat at Jesus' feet, listening. Distraction isn't just about being busy—it's about being pulled apart. The Greek word used to describe Martha's state literally means to be 'dragged in different directions.' When we're distracted, we're not just occupied; we're fragmented, divided, and often unable to be fully present in any single moment. The irony is that the more distracted we become, the more we actually need Jesus. Yet distraction itself keeps us from the very presence that would center us. Today, consider where your attention is being dragged away from what truly matters. What would it look like to pause, even briefly, and simply sit at Jesus' feet?

#### Bible Verse

"Can any one of you by worrying add a single hour to your life?" - Luke 12:25

#### Reflection Question

What are the top three distractions that regularly pull you away from being present with God and others? How might you create boundaries around these distractions this week?

**Quote** The more I get distracted, this is what I've learned. The more I need Jesus, because the more distracted I get, the less attention I give to Jesus. The more distracted I get, the less time I spend in prayer.

#### Prayer

Lord Jesus, in a world that pulls me in countless directions, help me recognize when I'm becoming fragmented. Draw my attention back to You, the center that holds all things together. Give me wisdom to set boundaries around my distractions so I can be fully present with You and those You've placed in my life. Amen.

### Day 2:

#### The One Thing Needed

**Devotional** Martha's hospitality wasn't the problem. Jesus frequently commended service and care for others. The issue was that her worry and distraction prevented her from

receiving what she needed most in that moment—Jesus himself. How often do we find ourselves in Martha's position? We're doing good things, necessary things, even ministry-related things—yet missing the presence of Christ in our busyness. We become so focused on serving Jesus that we forget to be with Jesus. When Jesus gently corrected Martha, saying "there is need of only one thing," he wasn't dismissing her work. He was inviting her to remember what sustains that work. Mary had chosen the better portion—not because service is unimportant, but because sitting at Jesus' feet is what empowers and directs our service. Today, before jumping into your to-do list, consider starting with the "one thing needed"—time in God's presence. Even a few minutes of undistracted attention to Jesus can transform how we approach everything else.

### **Bible Verse**

"He is before all things, and in him all things hold together." - Colossians 1:17

### **Reflection Question**

What practical step could you take to ensure that time with Jesus becomes the foundation of your day rather than something you try to fit in when everything else is done?

**Quote** The one thing that she needed was to receive the gracious presence of Jesus, to listen to his words, to know that she is valued not for what she can contribute, but that she is valued for who she is.

### **Prayer**

Father, forgive me for the times I've prioritized doing things for You over being with You. Help me remember that my worth isn't found in what I accomplish but in who I am as Your beloved child. Draw me to Your presence first, knowing that everything else flows from that relationship. Amen.

### **Day 3:**

### **Reattaching to What Matters**

**Devotional** The word "religion" comes from the Latin "religare"—to reattach or bind together again. Isn't that beautiful? In our fragmented, distracted lives, true religion doesn't add more obligations; it reconnects us to our center. When we feel pulled apart by competing demands and endless distractions, we don't need more productivity hacks or better time management. We need reattachment to the One who holds all things together. Like a tree that can't bear fruit when uprooted, we cannot sustain meaningful service when disconnected from our source. Jesus doesn't just offer us techniques for managing our distractions—He offers Himself as the solution to our fragmentation. In Him, the scattered

pieces of our lives find coherence and meaning. Our worth isn't determined by our productivity or others' expectations, but by our identity as God's beloved. Today, consider what practices help you reattach to Christ. Is it prayer, Scripture, worship, silence, or community? Whatever reconnects you to your true center, prioritize that as an act of resistance against the forces that would pull you apart.

### **Bible Verse**

"He is before all things, and in him all things hold together." - Colossians 1:17

### **Reflection Question**

What specific practice helps you feel most reconnected to God when you're feeling scattered and distracted? How might you incorporate this practice more intentionally into your daily rhythm?

**Quote** That word is religion from the land we made. It literally means to be reattached, because that's what religion is supposed to do. When it does, it reattaches us to what truly matters. It reattaches us to who truly matters.

### **Prayer**

Lord Jesus, in You all things hold together, including my fragmented heart and scattered attention. Draw me back to You today. Help me resist the pull of distraction and the lie that my worth comes from what I produce. Reattach me to what truly matters—Your presence, Your word, Your love. Amen.

### **Day 4:**

### **Held Together by the Cross**

**Devotional** There's a fascinating protein in our bodies called laminin that functions as a cellular adhesion molecule—essentially, it helps hold our cells together. What's remarkable is its shape: it forms a cross. This biological reality offers a powerful metaphor for our spiritual lives. Just as laminin holds our physical bodies together at the cellular level, Christ holds our lives together at the spiritual level. When everything threatens to pull us apart—work stress, relationship tensions, financial worries, global crises—Jesus remains our center. This isn't just poetic language; it's the promise of Scripture. "In him all things hold together" (Colossians 1:17). Not our achievements, not our social media presence, not our financial security—Christ alone is the adhesive that prevents our lives from fragmenting under pressure. When we feel ourselves being pulled apart by worry and distraction, the cross reminds us where to return. It's at the intersection of divine love and

human suffering that we find ourselves held together, not by our own efforts but by the One who gave himself for us.

### **Bible Verse**

"He is before all things, and in him all things hold together." - Colossians 1:17

### **Reflection Question**

In what area of your life do you most need to experience Christ's power to hold things together right now? What would it look like to surrender that area to Him today?

**Quote** Imagine that the stuff that holds my body together is the exact same as the cross of my Lord. It's a powerful reminder to us that Christ Jesus is the one who holds our things together. He is what holds us together and he is what truly matters.

### **Prayer**

Jesus, thank You for being the One who holds all things together, including me. When I feel pulled apart by worries and distractions, draw me back to the cross—the place where Your love proves stronger than all the forces that would scatter me. Help me find my center in You alone. Amen.

### **Day 5:**

### **Knowing When to Sit and When to Serve**

**Devotional** The Christian life requires a delicate balance. In one story, Jesus commends the Good Samaritan who sees a need and immediately acts—"Go and do likewise." In another, he gently corrects Martha's busyness while affirming Mary's choice to sit and listen. So which is it? Are we called to active service or contemplative presence? The answer, of course, is both—but discerning which is needed in any given moment requires spiritual wisdom. Sometimes the most faithful response to God is rolling up our sleeves and serving others. Other times, it's setting aside our to-do lists to simply be present with God and others. This discernment doesn't come naturally in our productivity-obsessed culture. We often default to constant doing, measuring our worth by our output. But Jesus invites us to a different rhythm—one that includes both service and stillness, doing and being. Today, ask for wisdom to discern what this moment calls for. Is this a time to "go and do" or to "sit and listen"? Both can be acts of faithfulness when done in response to Jesus' invitation.

### **Bible Verse**

"Can any one of you by worrying add a single hour to your life?" - Luke 12:25

### **Reflection Question**

How do you typically discern whether a situation calls for active service or quiet presence?  
What might help you become more attuned to God's invitation in each moment?

**Quote** One week Jesus tells someone to be like a Samaritan and go and do. And the next week he tells Martha, you need to be like Mary. Come and sit. But sometimes, in other words, Jesus calls us to be like the Samaritan and sometimes he calls us to be like Mary.

**Prayer**

Holy Spirit, grant me discernment to know when to act and when to be still. Help me resist the cultural pressure that always pushes toward productivity at the expense of presence. Guide me into the rhythm of both serving and sitting at Jesus' feet, that I might be faithful in each moment. Amen.