



St Vincent
de Paul Society
England and Wales
Turning Concern into Action



Be like Mary and Martha

Aim of session:

- Help children understand that both doing practical tasks (like making tea) and being present and listening to others are important forms of service.

Time: 15–20 minutes

What you will need:

- Printable “Tea Tray” sheets (or draw a tray outline on paper)
- Cut-out icons or drawings: teapot, cup, biscuits, heart, ears, cross, Bible, speech bubble
- Glue sticks or blu-tack
- Bibles or printed passage: Luke 10:38–42

Steps for session:

Read the Gospel together (5 mins):

- Read or act out Luke 10:38–42. Briefly explain that Martha was busy doing jobs, while Mary sat and listened to Jesus. Jesus reminds us that listening and being present are just as important as working hard.

Discussion (5 mins):

Ask:

- What are the good things Martha did?
- What was special about what Mary did?
- Can we be like both of them?

Tea Tray Craft (10 mins):

- Give each child a “Tea Tray” sheet (a simple drawing of a tray).
- Let them choose and stick on 3 items—one from each group:
 - Practical item (teacup, biscuit, teapot) – for serving others like Martha
 - Spiritual item (Bible, cross, heart) – for loving and praying
 - Listening item (ear, speech bubble) – for being present like Mary
- Ask as they stick:
 - “What’s one way you can serve like Martha?”
 - “What’s one way you can listen like Mary?”

Write these ideas next to each thing.

Closing Thought:

- “When we sit and have tea with someone, we can serve with our hands and love with our hearts—just like Martha and Mary.”



Be Like Martha and Mary

