



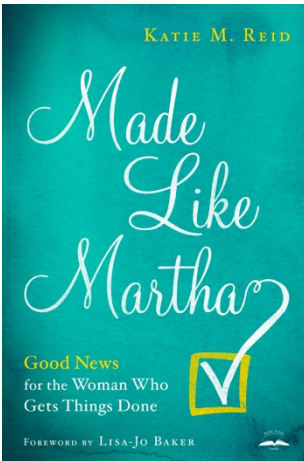
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Modern-Day Martha Challenges Common Interpretation of Popular Bible Story

“Are you a doer—one who loves to check things off her daily to-accomplish list? Are your desires to be productive and your confident, capable ways often subtly (or even overtly) slammed by others, making you feel less spiritual than your laid-back, easygoing friends? *Made Like Martha* will infuse your life with a fresh perspective as you learn to embrace your God-given personality and also discover how—and when—to rest and retreat.” — **Karen Ehman, Proverbs 31 Ministries speaker, *New York Times* best-selling author of *Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All*, wife, and mother of three**



COLORADO SPRINGS, Colo. — It would be difficult to find an American Christian woman who has not struggled to be more like Mary, the Christ-follower who sat at Jesus’s feet while her overworked sister, Martha, labored in the kitchen. This often quoted biblical story from Luke 10 seems to suggest that wanting to serve, achieve, and accomplish things as Martha did was wrong.

As a modern-day Martha herself, blogger and author Katie M. Reid asks in her new book, *Made Like Martha: Good News for the Woman Who Gets Things Done* (WaterBrook, July 10, 2018), “What if there is nothing wrong with being a Martha after all? What if God simply wants us to live out who He created us to

be—from a place of settledness rather than striving?”

Reid draws on biblical examples and contemporary stories to remind women that they are beloved daughters of God, not because of what they do or don’t do, but because of what Jesus has done for them.

As Reid points out, the story of Mary and Martha has become twisted over the decades, causing many women to try to change who they are rather than to use their gifts in light of God’s love. In *Made Like Martha*, Reid challenges readers to look more deeply at the story so they can receive true change in their heart even as they serve and work as the doers God created them to be.

“For decades, I lived with the knowledge of being saved by grace but I acted like I had to keep God happy through exemplary behavior,” writes Reid. “I felt compelled to do more for God, wearing myself out, even as I felt guilty for being more like Martha than Mary. Then I realized that through my acceptance of Jesus’s work on the cross, I already was in right standing with Him.”

“In light of this revelation, I moved from having a hired help mentality to enjoying a beloved daughter’s reality. *Made Like Martha* was birthed from that place. It is my desire that the reader will be freed to rest spiritually as she serves confidently, secure in her position in the Father’s heart.”

For more information, visit www.waterbrookmultnomah.com or <https://www.katiemreid.com/>

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ABOUT THE AUTHOR: KATIE M. REID is a firstborn overachiever and a modern-day Martha. As an avid blogger at katiemreid.com, Katie provides posts, articles, letters, and other resources for try-hard women on an ongoing basis. She encourages others to unwind in God's presence—through her writing, as well as through her speaking—as they find grace in the unraveling life. Katie has published articles with HuffPost, Focus on the Family, iBelieve, Crosswalk, MOPS, (in)courage, God-sized Dreams, Inspiring Families, and many other websites. She is also a contributing writer for iBelieve.com and Lightworkers.com and has been syndicated on ForEveryMom.com. Katie is a devoted wife of a youth pastor and a homeschooling mother of five children, who resides in the middle of Michigan.



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Praise for *Made Like Martha*

“Are you a doer—one who loves to check things off her daily to-accomplish list? Are your desire to be productive and your confident, capable ways often subtly (or even overtly) slammed by others, making you feel less spiritual than your laid-back, easygoing friends? *Made Like Martha* will infuse your life with a fresh perspective as you learn to embrace your God-given personality and also discover how—and when—to rest and retreat.”

—Karen Ehman, Proverbs 31 Ministries speaker, *New York Times* best-selling author of *Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All*, wife, and mother of three

“*Made Like Martha* is the gospel for go-getters. Within these pages, Reid silences the voices that push, ‘Do more. Be more. Achieve more.’ Those persistent taunts are covered by the glorious blanket of God’s lavish grace and unconditional love. Allow yourself to be wrapped in the reminder that you are enough because He is enough. If you’ve ever been tempted to think that your worth is affected by your work, this book is for you. *Made Like Martha* is an open invitation to rest secure in your identity as a beloved daughter of God because of what Christ has already done.”

—Kate Motaung, author of *A Place to Land: A Story of Longing and Belonging*

“Finally! A permission-giving read for us go-getters to live out who we are created to be without shame. *Made Like Martha* is my new go-to gift for leaders, hard workers, and passionate women who long to listen to God’s voice and know peace when they’re tempted to hustle. Katie shares from a space of wisdom, grace, and authentic humility; a beautiful reminder that God isn’t out to change us but simply to love us. Marthas included.”

—Bekah Jane Pogue, author of *Choosing Real: An Invitation to Celebrate When Life Doesn’t Go as Planned*, national speaker, writing and speaking coach, and soul care provider at BekahPogue.com

“For those who long to get off the merry-go-round of striving, Katie’s words are a welcome invitation to let go of trying harder and instead rest in your identity as a beloved daughter.”

—Holley Gerth, best-selling author of *You’re Already Amazing*

“Doers can finally breathe a sigh of relief and find rest in who God created them to be. Katie’s words bring freedom to stop striving and start thriving as His beloved daughter.”

—Erin H. Warren, women’s ministry director at First Baptist Orlando



“As the firstborn in a family of six preacher’s kids, I have always identified with Martha. *Somebody* has to be in charge of food preparation, cleanup, and the agenda when a group of friends or relatives gathers in my home! In *Made Like Martha*, Katie Reid knocks the ball out of the park as she reveals how much God loves doers and longs for them to find their identity in Him while they live out their calling and purpose. Read it for yourself first and then gather a group of women together and go through the Bible study. How do I describe this book? Honest. Powerful. Humorous. Deep. Encouraging. Inspiring. Applicable. Don’t miss it!”

—Carol Kent, speaker and author of *He Holds My Hand: Experiencing God’s Presence and Protection*

“Katie will take you and your weary Martha-self on a journey to abundant freedom. If you are a doer, do yourself a favor and read this book. And all the Marthas sing ‘hallelujah!’”

—Jami Amerine, author of *Stolen Jesus: An Unconventional Search for the Real Savior*

“Martha tends to get a bad rap, but God loves the Marthas of the world—the doers, the get-it-done-whatever-the-cost girls. He loves us *in spite of* our striving and doing. Katie M. Reid, in her wonderful new book, *Made Like Martha*, reminds us we are worth so much more to God than we could ever imagine, so much more than any task we can ever do for Him. Katie beautifully illustrates ways we can learn to serve others from a place of strength, not striving, a place of worship, not worry. Katie shares so much wisdom and practical application (plus a fantastic bonus Bible study) that if you identify more as Martha than Mary, you will rejoice in learning how to stay calm in the chaos, how to find a balance between striving and slowing down, and how to finally rejoice in the woman God created you to be.”

—Kate Battistelli, author of *Growing Great Kids: Partner with God to Cultivate His Purpose in Your Child’s Life* and mother of Grammy Award–winning artist Francesca Battistelli

“If you’ve ever wondered if you were ‘too much’ or known a faint awareness that you can overwhelm people with your energy, enthusiasm, and ability to do all things, *Made Like Martha* is for you. Katie combines poignant storytelling and powerful Scripture teaching into an invitation for us to lay aside our personal expectations and to-do lists and embrace the call of Christ—not to do, but to be. By sharing her journey of finding contentment in her personality and courage to live in God’s purpose, Katie challenges, inspires, and encourages all women to embrace their own personalities and purpose.”

—Teri Lynne Underwood, author of *Praying for Girls: Asking God for the Things They Need Most*

“‘Hi, my name is Jennifer, and I’m made like Martha.’ At last I can say those words with my chin held high, knowing Jesus loves me as much as He loves all the Marys in the world. This book was just what my Martha-heart needed. I felt affirmed in who I am and learned how to find peace and rest in the midst of my busy life.”

—Jennifer Dukes Lee, author of *The Happiness Dare* and *Love Idol*

“There are some women in my life who just don’t stop. Made like Martha, they are always on the go. They strive and are often left physically, emotionally and spiritually exhausted. For years, I have struggled to find words to encourage these dear friends. As it turns out, I was just waiting for Katie Reid to finish writing this book. In a world that often praises Mary for pausing to spend time with the Lord, Katie shares the Father’s heart for the women He made to be like Martha. This long-awaited resource full of practical encouragement will bring freedom and rest to all who read it.”

—Becky Thompson, best-selling author of *Love Unending* and *Hope Unfolding*

“For most of my life my ‘Martha-ness’ cast a shadow of perfectionism and a need to control over every situation. The striving, working, and doing left little room for grace for myself or those around me. Like Katie, I had to come to the realization that my God-given gifts and tendencies would actually only be able to effectively glorify and honor Him if I let go of my desire to micromanage. *Made Like Martha* takes you on a gentle, truth-filled journey to the freedom you perhaps don’t even realize your soul is craving. And it’s there, in that freedom where giftings and grace beautifully collide, that we become women who can serve from a place of peace rather than perfection.”

—Vanessa Hunt, coauthor of *Life in Season: Celebrate the Moments That Fill Your Heart and Home* and founder of AtThePicketFence.com

“When you’re exhausted from the try-hard, dizzy-busy life of striving to accomplish it all, while attempting to do it better than before, *Made Like Martha’s* message of hope, truth, and freedom is the rest you need. Katie’s deep and practical insight into the tension surrounding Martha’s personality gives every woman permission to celebrate exactly who and how God made her to be—doer and all.”

—Jen Schmidt, blogger behind *Balancing Beauty and Bedlam*, author of *Just Open the Door*, and host of the Becoming Conference

“I’m a doer. Maybe you are too. I work hard, love to check off my to-do list, and enjoy feeling accomplished. At least I did until I was diagnosed with a serious illness. My new limitations caused me to question my value and purpose. In *Made Like Martha: Good News for the Woman Who Gets Things Done*, Katie M. Reid helped me recalibrate and find strength in service and peace, even when busy and weak. She speaks to the deepest places of fear and fatigue that often chase after first responders, primary care givers, and those who love to take charge and leads us to give up a lifestyle of striving while embracing a new way of living—settled, even when busy. If you ever had a secret sympathy for Martha, you will love this book, and you will love Katie. Prepare to be encouraged.”

—Jan Greenwood, Equip pastor at Gateway Church and author of *Women at War*

“What a beautiful invitation to leave the try-hard life behind and just belong to Jesus! This Martha is grateful.”

—Joanna Weaver, author of *Having a Mary Heart in a Martha World*

“As a lifelong overachiever, I’ve been called (by others but also by myself) bossy, type A, a perfectionist, and more. Reading *Made Like Martha* was the first time I felt as though someone acknowledged those parts of my personality as something good and then reminded me that I’m also called beloved. This book offers a ‘me too’ hug from a fellow doer who knows that we are exactly the way God created us to be, as well as the relief of letting go of the burden to get it all done and get it all right. With gentle confidence Katie Reid speaks from her own experience, and it’s almost as if she’s taken a look inside my journal and at my to-do list as well. She points readers to the truth and real-life implications of Jesus’s genuine affection for Martha and those of us made like her.”

—Mary Carver, blogger and coauthor of *Choose Joy: Finding Hope and Purpose When Life Hurts*

“I want to sit at Jesus’s feet just like Mary did, but the reality is I’m a hardworking woman more like Martha. Is it possible to thrive with a to-do list in our hands *and* a prayer in our hearts? In *Made Like Martha*, Katie M. Reid tells us how. For the dependable woman who feels as if it’s all up to her, this is a message of hope. For the overwhelmed woman attempting to do it all, this is an invitation to freedom. For the discouraged woman who feels as though she’s not enough, this is an anthem of grace.”

—Wendy Speake, coauthor of *Triggers*, *Parenting Scripts*, and *Life Creative*

Q & A

Made Like Martha: Good News for the Woman Who Gets Things Done

Katie Reid

1. Why do you think the story of Mary and Martha in Luke 10 causes so many women to feel guilty?

Since Jesus told Martha that she was worried and distracted and that her sister Mary had chosen what was better, we often feel guilty for being wired like Martha. We feel like Mary was the poster child for getting it right and that Martha was discounted because she was worried and distracted.

In John 11:5 we see that Jesus loved Martha and her siblings. His correction wasn't a scolding but an invitation to walk in freedom instead of fret.

Many of us have tried to shed the skin of efficiency because we've misinterpreted this passage to mean there is something wrong with being made like Martha.

2. We usually assume that Jesus was criticizing Martha for working too hard. Would you say that is true?

I don't think Jesus was criticizing Martha's work ethic here. In fact, unless He was going to multiply loaves and fish, fast from a meal, or have a late dinner, someone had to prepare the food. Instead, Jesus addressed Martha's heart in Luke 10. He wasn't asking her to stop being a doer, but He was reminding her that she was a daughter too.

We assume that Jesus was asking Martha to sit down physically like Mary was, but what if He was inviting her soul to rest—even while she continued working?

In John 12:2, we see that Martha is serving again, yet Jesus does not correct her this time. Here, Martha serves from a place of strength and peace instead of a place of striving and stress.

3. What drew you to write a book about the story of Mary and Martha? What is unique about your interpretation of this story?

If Martha had a fan club, I would be president of it. I so relate to Martha and her ultra-responsible ways. For years, this passage in Luke 10 bothered me. If nobody works, nobody eats, right? I really wanted Jesus to tell Mary to get up and help her sister out. But upon closer examination, I realized how much Jesus loved Martha and wanted her to know that too. He wasn't asking her to neglect her responsibilities but to trust Him to care for her.

Made Like Martha is written for those who love checking things off their to-do lists and who may feel some angst when they read this account in Luke. It is written from the perspective of a doer for other doers (although Mary-types are enjoying it too...it is helping them understand their Martha-friends better).

4. You write in your book, *Made Like Martha*, that many of us assume that God is mad at us or disappointed in us. Why do you think that is? How have you found healing in your life from that assumption?

When you view the world through the lens of perfectionism, you often feel frustrated with yourself and others (and even God) for things not turning out like you want (or expect) them to. For almost forty years I felt like God was mad or disappointed in me. I was expecting myself to be flawless, which is completely unrealistic. It was a losing battle.

BUT, God knew, because of our sin, that we could not attain perfection apart from His supernatural intervention. So God sent His unblemished and only Son to die for our sins (past, present, and future) and rise again. If we choose to believe in Jesus as Savior and confess Him as Lord, we are made clean; perfected, because of what Christ did on our behalf.

For me, the healing came when I realized that Jesus satisfied God's wrath for sin and that His love for me was not based on whether I succeeded or failed.

If we are in Christ, our position in His heart is secure. He loves us...even when we are short-fused, whether or not we have a quiet time, even in the midst of tackling our to-do lists.

5. You make a fascinating comparison between Satan's twisting of God's words to Eve in Genesis and our interpretation of Jesus's words to Martha. Tell us more about that.

This was one of the most exciting revelations God gave me during the book writing process. The blinders came off and I could see how we've been allowing Satan to discount our design by adding to what Jesus said to Martha, in Luke 10.

Jesus did not say that there was something wrong with being made like Martha. And He never asked Martha to be Mary.

Jesus pointed out one thing that Martha needed to work on but He wasn't criticizing the totality of who she was. We don't have to apologize for being doers because we are designed that way, on purpose. Let's stop buying into the lie that correction equals rejection.

Good works should be our response to His love but they aren't a means to obtain (or keep) His love. His love for us has been proven and settled once and for all, on the cross.

I can't wait to see modern Marthas freed to be the women He has designed them to be; fearfully and wonderfully made.

6. How can this new understanding of Mary and Martha keep us from judging others or ourselves?

This new understanding helps usher in grace for others and ourselves. I love my Martha friends *and* my Mary friends. The world needs both types. But our behavior is not what makes us more or less pleasing to the Lord. When I realized God created me to be a doer, I felt more comfortable in my own skin, and temperament. It also produced more understanding for others.

My Martha friends are my go-to gals for getting things done, and my Mary friends help me slow down and rest so I don't burn out. Both are necessary—they are not inferior or superior to one another. We bring different perspectives to the table. We are stronger and better together.

7. How can we think of Jesus's words to Martha as an invitation rather than as a criticism?

I think this goes back to what we believe about Jesus. He wasn't out there pummeling people with judgment on earth (although He had every right to do that), He led with kindness and compassion without compromising the truth. He didn't mince words with Martha, but He demonstrated care and concern by inviting her to choose what was better, as Mary had. Again He wasn't saying that Mary was better than her, simply that she had chosen what was better in this instance.

Jesus was inviting Martha to exchange her striving for settledness, because that was good for her. He wasn't asking her to become someone else or someone more, but to remember who He was and who she was in light of Him.

8. On a practical level, how can we sit at Jesus's feet even as we go about our busy days and fulfill our God-given call to accomplish things? In other words, what does it look like to rest even as we get things done?

When you are convinced that you are a beloved daughter of a good and caring Father, a security and calmness fills your heart. This isn't something you muster up, but something we ask God to help us grasp.

There is value in having down time and quiet time, but many of us don't know how to experience a sense of calm in the midst of our chaotic lives. I believe our soul can be at rest even when our hands are busy, as we remember that Jesus is not a guest to impress, but family to enjoy. He resides within us, He doesn't leave when our quiet time ends.

9. You write about receiving God's grace in the middle of the messes. What do you mean by that? How do our Martha personalities make us resistant to messes?

The story of the prodigal son is a great example of God meeting us in the middle of our mess. The prodigal's father had every right to reprimand his son for making bad choices. Yet, he patiently waited for his return and threw a big party when he came home. The son deserved

punishment yet his father clothed him with grace instead. And the same is true of our Heavenly Father.

I experienced something similar when I asked God to help me get well in the midst of a season of workaholism. He met me in my mess and provided a gift instead of punishment. He didn't keep me at arm's length but wrapped me up close; providing a fresh start and new life.

Marthas often crave order and find themselves frustrated when things aren't going according to plan. But Jesus is the only one who can bring true peace even in the midst of our mess. When we realize that perfection isn't up to us, it is in us...and His name is Jesus, we begin to see that even in the mess, we are not alone.

10. What do you mean by “stop striving for what is already yours”?

Many of us are trying to earn God's approval and favor, but as I mentioned before, we already have that if we are in Christ. I spent so much time and energy trying to prove I was worthy of God's love. But when we realize we don't have to strive for what is already ours, we walk taller and freer, knowing that our worth is not dependent on our productivity but cemented in Christ.

My brother is a few years younger than me; he has Down Syndrome. His worth is not based on how productive he is, nor is mine. We have worth because God says so, and it's not based on how many items we check off our list. Now, our to-do list has value but it does not determine our value. We could never do enough to achieve our salvation. We are saved by grace and not works.

11. You contrast a “hired help mentality” with a “beloved daughter” way of thinking. What is the difference? How do we live out that difference?

A hired help mentality is one that thinks it's all up to you to take care of yourself, like your worth is based on what you do and you might lose what you have if you aren't good enough.

A beloved daughter's mentality is based in trust; knowing that love is not based on what you do but based on who you belong to. A beloved daughter knows she is adored even when she messes up.

1 Peter 5:7 in The Message reads, “Live carefree before God because He is most careful with you.”

Some of us have taken on things that were never ours to manage. In our ultra-responsible mindset we have placed extra weight upon ourselves, bogging us down with worry and exhaustion. As God teaches us how to live like a daughter instead of a slave we begin to cast off the heavy weight we have been carrying and place it upon His most capable shoulders.

God has works prepared for us to do—but our position in Him is not dependent on our behavior or performance. Isn't that such good news?!

12. The idea of keeping things balanced can feel like an uphill climb for busy women. How do you personally maintain balance as a working woman?

When I hear the word “balance” it makes me think of my one and only gymnastics meet, where I fell off the beam multiple times and was totally embarrassed. I tried to perform perfectly and toppled under the pressure.

The same can happen to us, if we are approaching balance as something we need to perfect. I prefer to use the word stewardship. I can’t do it all, but I can do the next thing well. It’s impossible to give equal attention to everything on my plate, but I can ask God to help me see who and what needs my attention at present. When I think of all there is to do it is overwhelming, but when I focus on what’s next, it’s seems more doable.

We are humans not machines and we will not always get it right. When we receive God’s grace and extend it to others we learn to work from a place of peace instead of striving, knowing that it’s not all up to us to keep the world in tact.

13. As a modern Martha who has five children, what advice do you have for navigating your to-do list when it comes to parenting?

When I got married I typed up a nine-page wedding agenda, so everything would run smoothly, but five children later, my to-do list and directives are shorter—they have to be for our sanity. With each child, I have chilled out more (although I am still a get it done gal). When you realize how much is out of your control, you either fight for it (and drive yourself and everyone else crazy) or you learn to go with the flow better.

We are a work in process for sure but there are several things that help us stay afloat (but mostly Jesus). We are busy but we try not to have each child do more than one or two extra-curricular activities during a season. We want them to try new things but not wear themselves out either. We also try to protect one day each week (usually Sundays) where we don’t do much after church but nap, hang out, read books, and play outside. This down time helps us recharge for the rest of the week.

We also believe in the power of delegation. Our family is a team, we each do our part to keep things keep moving. When one member is really busy, we try to lighten that person’s load so they are freed to focus on what they need to get done.

I think it’s important for busy moms to focus on what they have accomplished instead of all there is left to do. There will always be more to get done, but as we celebrate what we and our children have completed it helps foster gratitude instead of stress.