

The Treasured Better

Today, we want to invite you to immerse yourself in the story of Mary and Martha, from Luke 10. Along with their brother Lazarus, Mary and Martha were loved by Jesus and he spent time in their home. In this story, we see how the sisters approach life differently. Mary actively serves whilst her sister Martha is more contemplative and relational. We can all relate to aspects of this narrative, making it a powerful story to step into. Ignatian Contemplation is just that. Making time to allow God to use your intellect, emotions, memories and imagination, to connect with His heart and revelations for you today. It is an opportunity to encounter Jesus personally!

Before we begin, take a moment to pray. *Father, thank you for your grace today. I desire to know you more and I freely invite you to lead me and order my thoughts, memories and actions. May I know the joy that comes from revelation, through the imagination you have given me, so that I can praise you and love others well, today.*

1. Read this passage and then visualise yourself in the scenes. Stick with the imagery and your imagination, to smell, touch, see, hear and taste.
2. What part of the story are you drawn to? Do you connect with a particular character or are you a bystander, looking in and watching the interactions unfold?
3. Now read the passage a second time but from the perspective of the character God led you to. Talk with Jesus: *Why do I feel this way? What are you saying to me Lord? This story reminds me of the time I... What aspects of this story relate to my life today?*

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"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."