

## **Reflection questions for the Martha and Mary passage Lk 10:38-42**

### **General interpretation**

A common traditional interpretation is that the two disciples Martha and Mary, represent two ways of living out our role in life as either active disciples living in the world, like laypeople, or as contemplative or religious (like monks or nuns), who dedicate themselves to prayer. But a more recent tradition sees Martha and Mary as two sides of all of our one life of discipleship. We must balance both our activities and our prayer life so that one guides the other. We are all called to be “active contemplatives” in the world, that his disciples whose doing is guided by discernment & prayer.

### **Questions for individual reflection**

- Placing yourself in the position of Martha can you relate to how she feels: overwhelmed and alone with tasks and responsibilities? What are the things that make you feel too busy or “Anxious about many things”? Are these things that are truly helping to serve the Lord? Are they necessary or unnecessary?
- Do you feel jealous of Mary? Do you feel jealous or look down upon those whom you perceive as living life carefree and less busy, maybe even being irresponsible?
- If you can relate to Martha have you gone to Jesus and asked for help? Has he responded? Is he perhaps responding through your prayer of this passage? Is he perhaps responding to you in a way you do not want to hear or that is difficult to hear?
- What do you think about Jesus’s response in this passage to Martha’s request? He seems to take Mary’s side. Does it give you insight, or make you even further anxious and troubled? What do you think Jesus is saying to Martha in this passage? What is Jesus saying to you in this passage?
- Now switch your point of view from Martha to Mary how does it feel to be Mary? Is it a pleasant experience filled with peace enjoy? Or is it uncomfortable? Do you perhaps without realizing it prefer to be Martha?
- Jesus tells Martha that Mary has made a better choice! Do you feel that being Martha or Mary is really a choice? Or are we victims of our circumstances and have no choice?
- What Is Jesus saying to you?