



By Johannes Vermeer, Christ in the House of Martha and Mary - Google Arts & Culture - 1wE2zem7WDC5IA, Public Domain.

July 20, 2025

Sixteenth Sunday in Ordinary Time

Gn 18:1-10a | Col 1:24-28 | Lk 10:38-42

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Are you a Martha or a Mary? How many times have we been presented with that question when we hear today's Gospel reading? At first ask, similar to many people, I would answer that I'm easily a Martha. I'm a perfectionist in many areas of my life, especially when it comes to my work or when I host dinner for friends and family. In those moments, I put a lot of pressure on myself to be the best I can be, to do the job well, and demonstrate the utmost hospitality. But as with Martha, too much focus on being "perfect" can cause worry and anxiety. But this year, hearing the story again, I realized something: There *are* times when I'm able to put those worries and anxieties aside and sit at the feet of Jesus just like Mary did, and I want to make that happen more often.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Although it has been several weeks since we celebrated the Sacred Triduum and we are back in Ordinary Time, the realization that I can be more like Mary than Martha has stayed with me. During the Triduum, we are asked by the Church to maintain a time of prayer, reverence, and, particularly on Holy Saturday, silence, as we reflect on Christ's death. This has always been the one time a year when I am able to find my "inner Mary" and sit at the feet of Christ. I thought the only way to do that was to completely shut myself off from everything, but that is not how God wants to be present in our lives. He wants to be with us always and seeks us where we are. With that realization, I learned that I can sit at his feet during my times of work or bustling as well. It can be as simple as listening to prayers on an app or praise and worship music while cooking dinner, or saying a prayer before I sit down to complete the next task at work and asking Jesus to be with me. This is a start to being more like Mary even during my busy periods. And by finding my inner "Mary," I find Jesus. So can you.

PRAY

Read through the Gospel again. Don't assume you have to stay stuck in the rhythm of being "Martha" when you know you long for a closer relationship with Jesus. Life is full of busyness and seemingly endless tasks, but being perfect will not bring calm. But inviting Jesus into those busy moments will. And when you do, Jesus will calm any anxieties you may have because you have "chosen the better part and it will not be taken from [you]."