

The Pray More Healing Retreat Study Guide

The Better Part with Martha and Mary

Karen May

Reflective Questions

“Understand this well: there is something holy, something divine hidden in the most ordinary situations, and it is up to each one of you to discover it.”

- St. Josemaría Escrivá

1. It isn't unusual that we can get caught up in our work with today's fast-paced lifestyle. One of the things that Karen discusses is how we can fall into the trap of neglecting Jesus' call because we are so busy doing whatever it is we're doing — work, serving our family, working in our homes. Have you seen this play out in your life before? How might the Lord be inviting you to slow down or do less so that you can spend just a little more time with Him?
2. There can be some confusion in understanding the story of Martha and Mary when it comes to denying work that needs to be done or choosing to be with Jesus. Karen shares it's not about denying our work per se, but rather remembering who we are serving and why — because through them, we are serving Christ. Who are you serving and why? How do you consider that you are serving the Lord through your daily activities?
3. “Ora et Labora” means to pray and work. This is something that the Benedictines believed in — that praying and working can go hand in hand, even in the smallest ways such as offering up your work to God, or praying the Rosary while doing the laundry. Have you ever thought of how the things you're doing every day can become part of a prayer? How can you pray more through those activities — remembering the Lord's presence, offering up to Him the things you're doing?
4. When and how do you like to pray right now?