

Choosing 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 working so hard but ending up neglecting Jesus' call because of our distractions. Have you seen yourself in this place before? What are the things that you can do to not fall in that trap?

2. There can be some confusion in understanding the story of Martha and Mary when it comes to denying work or choosing Jesus. Karen discusses it's not about denying our work, but rather remembering who you are serving for and why are you serving. Have you reflected on this in?

3. “Ora et Labora” 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 this? In what ways can you incorporate this in your life?