

07-17-22 FOR THE JOURNEY THIS WEEK

“Seeing God requires sabbath, slowing down, connecting with our deeper selves and those we love. It requires us to get out of the machine of production and into the space of a God who comes and visits us, sits with us, and wants to heal us.”

- Juan Carlos Huertas



Colossians 1:15-20 † Luke 10:38-42

Questions for Reflection —

- In what ways do you identify with Mary? What does it look like for you to spend time at the feet of Jesus? What patterns and practices help you to stop, rest, reflect, listen? What helps you to focus your mind and heart on God? What is the biggest obstacle to your spending consistent time alone with God? How can you overcome it?

- In what ways do you identify with Martha? About what are you worried and distracted? How are you trapped in the “machine of production”? What is the busyness that interferes with your relationship with God and with others—family, friends, coworkers? How do you distinguish between busyness and meaningful service? What will help you discern the tasks on which God is calling you to focus?

- Overall, is your most natural tendency to be more like Mary or more like Martha? What is the balance (or lack thereof) in your life between being and doing? Is there something you feel called to change about that balance? What considerations most define your priorities? What might be Jesus’ invitation for you as you sort through your priorities?

Daily Household Prayer

Holy God, Source of questions and Companion on the search, help us to know and to feel that this is the time so precious to be shared;
this is the place where joy is colored with heaven;
this is the moment where grace is abundant and forgiving;
this is the day where silence and word dance together;
this is the season when mystery brings buds to flower and new life to wintry woes. This eternal now can open a new way, a path of hope, a direction of peace, and a shower of joy.
May we live with that awareness and with overflowing gratitude. Amen.