

16th Sunday OT Homily:

In some countries, with their culture, you will notice that when you visit families, they rush to prepare food and get everything perfect, and sometimes forget just to sit and talk.

Today's Gospel taken from Luke presents us a similar story: Jesus comes to visit a family, and Martha opens her home to Him. She gets busy preparing everything, trying to be a good host. But her sister, Mary, does something different: she sits at Jesus' feet and listens to Him. Martha becomes upset and asks Jesus to tell Mary to help her. Surprisingly, Jesus gently corrects Martha.

This story is not about whether serving is good or bad. In fact, as we have already seen in the first reading, hospitality was very important in their culture, and Martha was doing something good. But the point that Jesus makes is about priorities. Martha was so busy doing for Jesus that she missed the chance to simply be with Him. Jesus points out that Martha's heart is divided. She is focused on her tasks that she is missing the deeper opportunity to connect with Him.

Mary on the other hand, chose to pause and listen. She recognized that being close to Jesus, hearing His Words, and learning from Him was more important in that very moment than all the other preparations.

This passage teaches us something very important for our own lives: we often feel like Martha, busy, distracted and stressed. There are so many things to do, and we try to them all well (which is good), not bad. But in the middle of our business we can miss what matters most: TIME WITH JESUS.

Jesus invites us to slow down and sit at His feet, like Mary did. He reminds us that being present with Him, listening to His Words, and letting His Peace guide our hearts is the "better part". When we make time for that, everything else begins to fall into place.

The story of Martha and Mary teaches us to balance our lives: serving with love, but never forgetting to rest in the presence of the One who gives us life. We live in a world that praises business. We often feel like we have to be doing something all the time to prove our value. But Jesus tells us that there is something even more important: SPENDING TIME WITH HIM.

Sometimes the "better part" is not doing more, but slowing down. It is making space to pray, to listen, to rest in God's presence, and if we do that, we find the strength for whatever comes next.

Where in my life do I need to slow down and listen?

Dear brothers and sisters, God comes to us, sometimes when we least expect it. Do not let business or doubt keep you/us from seeing Him. So, this week, slow down, listen, and laugh with God, because His promises never fail. That is the "better part".

May God bless us all.

