



## A Reflection for Fifth Sunday of Trinity Readings - Colossians 11.15-28 & Luke 10.38-42

*Now as they went on their way, Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'*

On the day of Jesus' visit the two sisters go in opposite directions. Martha puts into place all the preparation that has gone on before as she offers hospitality by making sure Jesus has all that he might need to be comfortable. An appropriate way of behaving when welcoming someone to your home. Mary does none of this as she just sits at Jesus' feet oblivious to what Martha is doing.

Martha & Mary demonstrate 'doing' and 'being' in front of Jesus.

The way that Jesus responds to Martha is in no way to remove the importance of the welcome that she has offered to an honoured guest in her home. You would not want to make a guest feel that they are a nuisance and not wanted but Jesus is asking a deeper question as to how we live out our lives. Jesus is making the point that for him spiritual refreshment is of the utmost importance as to that of physical nourishment. These two ways of being are totally polarised in the actions of Martha and Mary.

In this life we do need to work and for tasks to be completed. 'To do' can be a very important part to aiding of our mental well being as we complete activities that are required of us. To let tasks fall behind can be incredibly damaging to how we are feeling. For our all round well being we also need time, as it were, to sit at the feet of Jesus and 'to be' as we look after our spiritual well being.

The example of Martha and Mary is black and white, two clear distinctions. The question posed by Jesus is. Where are we with our spiritual work life balance?

We all need the right balance of being, to act like Martha but also to be like Mary.

Thank you for reading and keep safe.

The Reverend Nick Devenish

*Night Prayer from Cartmel Vicarage is live streamed from 9.00pm week nights on Facebook.  
Keep connected by going to the Cartmel Priory Facebook page.*

*Image - 'Christ in the House of Martha and Mary' by Johannes Vermeer*