

The Good Portion

Weekly Reflections
20th July 2025
16th Sunday of Ordinary Time



From the Gospel of Luke (10:38-42)

At that time: Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, 'Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.'

Prayer for the Week

Heavenly Father,

In the busyness of life, we may stray and prioritize other things that are not as important as sitting at your feet. Allow us to be more like Mary, in being attentive and discerning to your Word.

Through Christ our Lord

Amen

