

# Encountering the Word

with Jeff Cavins

## Sixteenth Sunday in Ordinary Time (C)

Genesis 18:1–10a • Colossians 1:24–28 • Luke 10:38–42



### “The Better Part”

Our Gospel focus today is the familiar story of Martha and Mary (see Luke 10:38–42). Jesus visits their home, and we see two different responses: Martha is busy with serving while Mary sits at Jesus’ feet, listening to his teaching. When Martha grows frustrated and asks Jesus to tell Mary to help her, Jesus responds gently, saying, “Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.”

This passage speaks deeply to the tension many of us feel between the demands of life and the need to cultivate our relationship with Jesus. We all have responsibilities—work, family, other commitments—but if those tasks consume us, they can distract us from the one thing that is truly needed: spending time with the Lord.

Jesus is not dismissing the value of Martha’s service; rather, he is showing that time with him is the foundation that brings peace, clarity, and order to all our work! When we sit at his feet in prayer, in Adoration, or at Mass, he guides us, helping us prioritize and carry out our responsibilities with less anxiety and more joy.



There is also a lesson about balance in this Gospel. Serving without connection to Jesus can lead to burnout, while constant prayer without service can miss the opportunity to bring Christ’s love to others. The key is to build our service on the foundation of our relationship with Jesus. This week, let’s take Mary’s example to heart: Spend time with Jesus and let him direct your steps. Out of that relationship, we can serve with joy and avoid the distractions that pull us away from him.

### Live the Gospel

Jeff Cavins says, “Your assignment this week is to put Jesus first. That is not always easy, especially when we must cook, clean house, pay bills, and go to work. The story of Martha and Mary reminds us that while service is valuable—and necessary—time spent with Jesus is essential. To put Jesus first this week, set aside intentional time for prayer, whether through Adoration, the Rosary, or quiet reflection. The rest of your life will fall into place.”

### Dive Deeper

Scan this code to watch:



Or go to

<https://media.ascensionpress.com/video/sixteenth-sunday-in-ordinary-time-c/>

## Ponder and Pray

» Do you identify more with Mary, who listened to Jesus, or Martha, who focused on serving? How can you nurture your relationship with Jesus while also serving others with joy and purpose?

» When life overwhelms you, how can you invite Jesus to help you reorder your priorities and find clarity?

» What practices—such as Adoration, prayer, or attending Mass—can you incorporate more consistently throughout the week to help you sit at the feet of Jesus?

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**Martha, Martha, you are anxious and worried about many things.**

**There is need of only one thing. Mary has chosen the better part and it will not be taken from her.**

**—Luke 10:41–42**

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## Make It Your Own

You and others in your household may use this space to write anything about today's Mass. It might be your view of Jeff Cavins' reflection, your priest's homily, your answers to the questions on this page—anything to help you and your household get the most out of today's Mass.