

## Scripture Reading

### A Reading from the Gospel according to St Luke (Luke 10:38-42)

As Jesus and His disciples were on their way, He came to a village where a woman named Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what He said. But Martha was distracted by all the preparations that had to be made. She came to Him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed - or indeed only one. Mary has chosen what is better, and it will not be taken away from her." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### Reflection – The true value of our actions

**"You are worried and upset about many things, but few things are needed - or indeed only one" Jesus said to Martha (cf. Luke 10:41-42).** Was Martha wasting her time running around making preparations for their most important Guest? If Martha did not do it, who would do it? In fact, Martha had a most reasonable request to ask Mary to help her. Yet, the answer of the Lord was most astonishing. Instead of reminding Mary to help her sister, He ratified her choice of sitting at His feet, and listening to Him. We have here a unique situation because the Guest was no ordinary mortal but Son of the Most High. Mary was not merely listening to a man but in fact doing adoration to the Word Made Flesh.

**Every action of ours has a certain value in the eyes of God.** Jesus has said: "Only one thing is needed." (cf. Luke 10:42). In the entire universe, in every situation and at all times, at the top in the correct order of things is the adoration, praise, thanksgiving, love and loyalty due first and foremost to God, Who is the only source of our life and goodness. All other things are secondary and will flow in good order from this "one thing". God has not called us to do great things for Him: He has not called us to climb the highest mountain or cross the hot desert for Him. He just calls us to render to Him the adoration, praise and love that is due to Him and to make Him first in our lives (cf. Matthew 22:37). In doing so, we make ourselves holy like Him and fit to enjoy the eternal gladness of being with Him for eternity.

**Our deepest calling is to render adoration and praise to God.** God has not called us to do something alien and unnatural to our being. The deepest joy of our soul is to render adoration and praise to God. *As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God (Psalm 42:1-2).* When Jesus taught the disciples to pray, He taught them to call God "Father" and to start by praising God: "Hallowed be Thy Name..." Thus, having the proper order in our personal prayers is important. God has been, is, always will be God and due from us His creatures will always be adoration, praise, worship, thanksgiving, devotion, love, loyalty as our first duty.

**Learning from the saints.** The saints are very close friends of God, who have deep insights that are not given to others. St John Vianney said the following of the Holy Eucharist: *There is nothing so great, my children, as the Eucharist! Put all the good works in the world against one good Communion; they will be like a grain of dust beside a mountain (St John Vianney. The Little Catechism of the Cure of Ars. Chapter 13).* God's ways are different from human ways. What may be great in the eyes of the world may not be of much interest to God. What may be great in the eyes of God may not be of much interest to man. *For My thoughts are not your thoughts, neither are your ways My ways," declares the Lord. As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts (Isaiah 55:8-9).*

**Conversation with Jesus:** Precious Lord, today You remind me of the high purpose for which I am made: to render You praise and adoration and to make God first priority in my life so that I can grow in holiness and made fit for the glorious eternal inheritance that has been prepared for me in advance. It is hard not to be involved in "busyness" like Martha. The world is calling me in so many ways. Thus, my mind and heart are preoccupied not solely with Your Kingdom. Through Mary, I consecrate my mind and heart to You. Purify my mind of all thinking and wisdom of the world and make it obedient to Your light and truth. Fill it with Your holy wisdom. Purify my heart of all earthly desires and passions and anything that does not come from You. Fill it with holy and divine love. Through the purification of my heart and mind, let me feel the yearning and longing of my soul for You. Thus, may I take joy in adoring You and praising You in union with all Your saints and angels in heaven where I hope to join them after my pilgrimage on earth. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus. [www.twohearts.hk](http://www.twohearts.hk)