

JULY 17, 2016

# SIXTEENTH SUNDAY IN ORDINARY TIME



GENESIS 18:1–18A

PSALM 15:2–3, 3–4, 5

COLOSSIANS 1:24–28

LUKE 10:38–42

## REFLECTION

Just insert your name where Jesus says, “Martha, Martha,” and listen to what Jesus is saying to you personally. He is not denying the fact that we have many details to take care of as students. What he is saying is that we are anxious and worried about many things. It’s hard not to be anxious and worried when preparing for tests, practicing for concerts, and so on. Jesus, however, is calling us to do so with a contemplative spirit. In the days ahead, let us find time to sit at Jesus’ feet as Martha’s sister Mary did.



### FOR I WAS A STRANGER AND YOU WELCOMED ME

Featuring music by  
Matt Maher

[http://www.catholic.org/  
video/watch.php/?v=5218](http://www.catholic.org/video/watch.php/?v=5218)

## ACTION

Carve out some time to be with God. You can do this in many ways. Really listen and participate in the liturgy at Mass this week instead of just going through the motions. Take a walk in nature or sit in your room in silence, listening to the messages that God has for you. Open up your Bible and read God’s Word. Take time for prayer or journaling. However you choose to connect with God, be sure you unplug yourself by taking some time alone, without computers, phones, texting, TV, or even your iPod.

## JOURNALING QUESTIONS

- Are you more like Martha or like Mary? Why?
- What’s really important in your life right now? How is God a part of that?