

Martha is the one in charge. The older sister welcomes her.

The younger one Mary, is being fed.

Jesus comes to be fed. Martha will feed him bodily.

But He as the Word made flesh as Divine feeds her. Mary is feasting already on Jesus's Words.

One does not live by bread alone but by every word that comes from God's mouth.

He speaks and Mary receives. Mary is at the feet of Jesus attentive to his every word.

Every word he speaks is full of grace and truth, instruction.

Mary is a disciple.

Have you become a disciple?

Is there any other teacher than Jesus?

How can you really engage your faith, grow in your faith?

Yes it is trite. You have heard it before, but it is the true way, to read the Gospel, the letters of Paul and to study what the Church teaches.

Learning the Churches teachings on sin and virtue, on grace and our creation.

but also learn how to grow in your prayer life?

What do the saints say about prayer like St. Teresa of Avila, St. John of the Cross. St. Francis, Benedict, or St. Ignatius of Loyola?

Or do you prefer instead some Eastern mysticism where you can be the center instead of Him. Some newfangled mysticism. Like the Beatles tried.

The younger generation can look down on grandma saying her prayers, letting the beads flow through her fingers, her mouth moving.

I have my grandma's old Douay Rheims bible and I see where it is underlined.

But when it comes down to it, grandma was right. For prayer we need to turn to no one but Jesus. Jesus who leads us to the Father.

We need to sit at His feet and contemplate Him. We should read the scriptures not to memorize but to feast. The rosary allows us to contemplate the mysteries of Salvation with Mary who prays with us.

Jesus is in us through faith through grace. This is the mystery Paul speaks about. We are His body.

It is through Him that we are one with Divinity.

God took man so we could become one with God.

The sacraments give us a share in divinity.

How cool is this. This is so much better and truer to our mind and satisfying, than anything a guru would say that opens us up to some spirit we don't understand or know, some thing.

We have to be careful about what spirit we open to. That is why we need to worship God in Spirit and in truth and worship Him alone.

- I remember in college I was in Austin and a girl went to a Yoga camp and she came back and told me she made an oath to Brahma, Vishnu, and, Shiva. I remember opening the bible and showing her in Matthew Jesus' words about not making oaths. I was disturbed she did this. Catholics can be swayed easily by the world. She was Catholic.

Our culture is not against spirituality but it is against religion. Jesus calls us to be who we are made to be, he calls us to holiness, and He is the model for us.

Jesus makes us have to change and grow and die to our pride and sin, our lust and greed. He teaches things like purity and sexual chastity. Not getting drunk.

Whereas false spirituality makes us the center and we make ourselves the measure of truth and right and wrong, but Jesus is the Truth. We have to not make ourselves the center, this will back fire because we become like Martha all worried about what we are doing thinking everything depends on me. Instead I need to remember this world revolves around God. He is the center, He gave laws to nature and moral laws. Breaking the laws of nature like gravity breaks us. The same with moral laws, we become wretched and worse when we break the moral laws He gave us.

So when someone says I am spiritual but not religious it is really because religion makes demands on them. And so today the sacrament of confession is not popular. To humble yourself and be totally objective and recognize your sins goes against our self-indulgent and relativistic culture. Where sin seems to not exist. All sin can be excused through psychology or my upbringing. But the devil

fears no other place more than the confessional. People leave the confessional holy, saints, ready to fight evil in their life.

Jesus sets us free from the prison of our ego, to be a gift, to be a person of love of kindness and no one is more beautiful than He. That is why Mary sat at Jesus' feet.

She fed on Him. Let us feed on Him. Spend time with him, quiet our souls. Prepare for Heaven in this way. Our labors will be done, our service will be done. In Heaven we will be contemplating God forever. This is the better part. Allow the Holy Spirit in your heart to lead you in the life of prayer. Speaking to Him, emptying your mind of worries and cares and lifting up your heart to Him.