



Questions:

1. What do you think Jesus meant when he said that Mary had chosen the better part? Are there times when you feel like Martha? Are there times when you act like Mary?
2. What part does context play in the story of Martha and Mary? Why do you think Jesus felt it was important for Mary and Martha to temporarily break with convention and their traditional hospitality roles?
3. What kind of busyness energizes you? What kind of busyness exhausts you? What makes the difference?
4. Do you have one or more regular spiritual practices? What are they? How do they work for you?
5. What influences do you think contemplative practices can have on individuals, communities and broader society? How do you think those practices work?

EPISODE TITLE: "The Hope of God"

Busy, Episode 2

Featured Guest: Phileena Heuertz

Author, spiritual director, yoga instructor, public speaker and retreat guide, Phileena is passionate about spirituality and making the world a better place. Phileena has led contemplative retreats for a number of faith communities including: Word Made Flesh, World Vision International, Compassion International, as well as non-faith and interfaith groups in leading cities across the nation. She has spoken at a number of universities and seminaries including: Asbury Theological Seminary, Biola University, Creighton University, Eastern Nazarene College, Fuller Seminary, George Fox University, Hardin-Simmons University and Midland University; and conferences such as Q, Catalyst, Urbana and the Center for Action and Contemplation.

Pneuma Divina Scripture: Luke 10: 38-42 & Thessalonians 3: 6-13

38 Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. ³⁹She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. ⁴⁰But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' ⁴¹But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; ⁴²there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

6 Now we command you, beloved, in the name of our Lord Jesus Christ, to keep away from believers who are living in idleness and not according to the tradition that they received from us. ⁷For you yourselves know how you ought to imitate us; we were not idle when we were with you, ⁸and we did not eat anyone's bread without paying for it; but with toil and labour we worked night and day, so that we might not burden any of you. ⁹This was not because we do not have that right, but in order to give you an example to imitate. ¹⁰For even when we were with you, we gave you this command: Anyone unwilling to work should not eat. ¹¹For we hear that some of you are living in idleness, mere busybodies, not doing any work. ¹²Now such persons we command and exhort in the Lord Jesus Christ to do their work quietly and to earn their own living. ¹³Brothers and sisters, do not be weary in doing what is right.

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