

## **Slow Down, Sit Down, And Listen!**

The Bible- Old Testament (OT) and New Testament (NT) have stories of people who were recognized and praised for taking the time to listen to different ways God spoke to them. Abraham, our father in faith, is one of the typical examples of these people in the OT. He not only listened to different ways God spoke to him, even when it was difficult to say yes, but he demonstrated that God's voice influenced his actions. Our first reading today (Genesis 18:1-20a) describes one of these endearing actions of Abraham through his hospitality to the Angels of God. His hospitality, in return, gained his blessings from God through the Angels, who assured him of a gift with a child through his wife, Sarah.

The Gospel story today (Luke 10:38-42) is the story of Jesus in the home of Martha and Mary, in which Jesus compliments Mary on her ability to slow down, sit down, and listen. The message of Jesus here was not to undermine the culture of his people, which primarily encourages a host to be hospitable to a guest but to emphasize the importance of us finding time to slow down and listen to the different ways he speaks to us. The worries and anxieties of life sometimes make it difficult for us to slow down and listen to the different ways God speaks to us. Equally, our quest to keep to date with the latest events, news, and happenings of life can be a significant obstacle in slowing down to listen to ourselves, the people in our lives, and other ways God speaks to us.

In the second reading (Colossians 1:24-28), St. Paul describes the choice God has made of all of us as his chosen ones and made known the riches of his glory to us. The riches of God's glory are within and around us. God wants us to pay attention to them by listening. As you reflect on this invitation the readings of today gives us, think about different ways God is calling you to listen. Maybe he is calling you to slow down and listen to members of your family, friends, colleagues, and others in your life. We pray that the good Lord will help us to know the different ways he is inviting us to slow down and listen to him. Amen.