

## Father's Notes

*February 23, 2025*

Have you ever had a scripture passage that seems to follow you throughout life? For me, it has been Jesus' words to Martha after complaining about her sister not helping her. They are simple, yet challenging from Luke 10:42 "Only one thing is necessary."

This passage shows up when I forget the one thing necessary, that is, resting and being with Jesus is the most important task of all. Yet, Jesus' words are not meant only for Martha, but for all of us. The one thing necessary is to sit at His feet and be with Him. In theory this makes sense, but how often do we let our daily anxieties and tasks overshadow quality time with God? How often does He get the leftovers of our day and week?

The Lord knows we are busy-and it is for this reason He calls us to rest with Him. Even in my busyness as a priest, when I turn to prayer and resting with God in the midst of all the cares and anxieties, things have a way of becoming clearer or figuring themselves out. Resting with Christ empowers us in our daily tasks, not flee or abandon them. The more we spend with Christ, the better our days and lives are ordered. He is never outdone in generosity and will help us with our daily concerns.

With Lent approaching in a few weeks, what are some ways to practice being and resting with the Lord Jesus? Perhaps it is 10-15 minutes of silent prayer, reading a chapter of scripture daily, disconnecting from electronics for a half hour, or other good practices. We have an opportunity to regain the goodness of "The one thing necessary!"

I leave you with this quote from the great St. Padre Pio: "Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayers."

God bless,  
Fr. Ben Bray