The Spiritual Practice of Dealing with Distractions *(In contemplative prayer and in life).*
Lent Discovery Hour Session #2

Our Commandment

Jesus answered, 'The first is, "Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this, "You shall love your neighbor as yourself." There is no other commandment greater than these.'

Mark 12:29-31

Exploration of Scripture Luke 10:38-42

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But 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.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'



1. Read the passage through one time. What stands out to you? What resonates most with you? What questions are bubbling up within you? What emotions arise?
2. Read the passage again. Insert your name for Martha (XXX, you are worried …). Sit with what Jesus just said to you?
3. What would it cost Martha (or you) to not be distracted by many tasks? What would you need to let go of?
4. What would Martha (or you) gain by making it a priority to sit at the feet of Jesus, to be in a listening stance with God? What do you think you would be embracing? What emotion does that bring forth in you?

Basic Question – Are you fitting God into your life (*when you succumb to the distractions*) or are you fitting your life into God (*when you prioritize sitting at the feet of Jesus*? Where do you want to be? What is keeping you from this? What is drawing you toward this?

C.S. Lewis –

How to avoid God:
Avoid silence, avoid solitude,
Avoid any train of thought that
Leads off the beaten track.
Concentrate on money, sex,
status, health, and (above all) on
your own grievances. Keep the
radio on. Live in a crowd.
Use plenty of sedation.

Begin time of silent prayer. Ponder: What distracts you from being a peacemaker?

Closing Prayer:
O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. Amen.