

Make room to listen

Start any week / About 20-30 minutes together / Adapt to your household

Read together: Luke 10:38-42

Mary sits and listens to Jesus while Martha is busy with many tasks. This story invites us to give attention to Christ. It does not make the work of caring for others unimportant. A family can make room to listen by sharing necessary tasks, putting down distractions and letting each person have a turn.

Talk together

What helps you feel listened to?

When is it difficult to pay attention?

What task could we share to give someone a little breathing room?

Make or do: A listening circle

You will need: A comfortable place to sit. A small object can mark whose turn it is.

1. Invite each person to share one good thing from the day. Anyone may pass.
2. Before the next person speaks, they repeat one detail they heard. This is listening practice, not a memory test.
3. Read the Scripture reference and leave a short silence. End with the prayer below.

Read the Bible passage at bible.usccb.org. Scripture text is not reproduced. Sharing aloud is always optional.

A thought, sketch or idea from our activity

Our week of small beginnings

Dates: _____ / Choose the pace that fits your family.

- ☐ **Day 1: Read about Mary and Martha.**
- ☐ **Day 2: Share one household task.**
- ☐ **Day 3: Try the listening circle.**
- ☐ **Day 4: Put one distraction aside for a conversation.**
- ☐ **Day 5: Ask someone a thoughtful question.**
- ☐ **Day 6: Leave a little silence in prayer.**
- ☐ **Day 7: Talk about when you felt heard.**

Make room for different ages

Ages 4-7: Keep turns brief. Let children point, draw or use a few words.

Ages 8-12 and older: Ask a follow-up question before offering your own story or advice.

Put love into practice

Offer someone ten minutes of your attention. Ask whether they would like company, practical help or a listening ear.

Pray together

Lord Jesus, quiet our hurry. Help us listen to your word and give each other the gift of our attention. Amen.

A moment we want to remember
