



We are Christ's Body

Leader: St Paul reminds us that we are the Body of Christ, each of us adding our gifts and abilities to strengthening and building up Christ's body in today's world. Let us reflect for a moment on how we can together be his body, his hands, feet and eyes, transforming the world in which we live.

Leader: For I was hungry and you gave me food.
I was thirsty and you gave me something to drink

All: **Ours are the hands with which Christ works today.**

Leader: I was a stranger and you welcomed me.
I was naked and you gave me clothing.

All: **We are the body of Christ, and the compassion of Christ.**

Leader: I was sick and you took care of me.
I was in prison and you visited me.

All: **Ours are the feet with which Christ walks about doing good.**

C.f. Matthew 25: 35–36

Leader: Christ has no body now on earth but yours;
No hands but yours;
No feet but yours;
Yours are the eyes through which the compassion of Christ must look out on the world;
Yours are the feet with which he is to go about doing good;
Yours are the hands with which he is to bless his people.

St Teresa of Avila

Reader: For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ....Now you are the body of Christ and individually members of it.

1 Cor 12: 12, 27.

All: **Lord Jesus, help us to be your hands and feet in today's world. Teach us to open our hearts to you ways of love and service, so that we will go about doing good. Teach us to be your eyes, so that we will look with love on our world.**

Conclude with an appropriate hymn, e.g. 'Hearts On Fire'
(Michael Mangan, *Setting Hearts On Fire*, Litmus Productions).