



‘This is my body, given for you’

Think of the ways that parents ‘enflesh’ these sacred words of Jesus.

For example, a baby seeks nourishment from a mother’s body *in utero*, and later in breast-feeding.

Tactile young children readily seek cuddles from their parents.

Many children love ‘rough and tumble’ with their father.

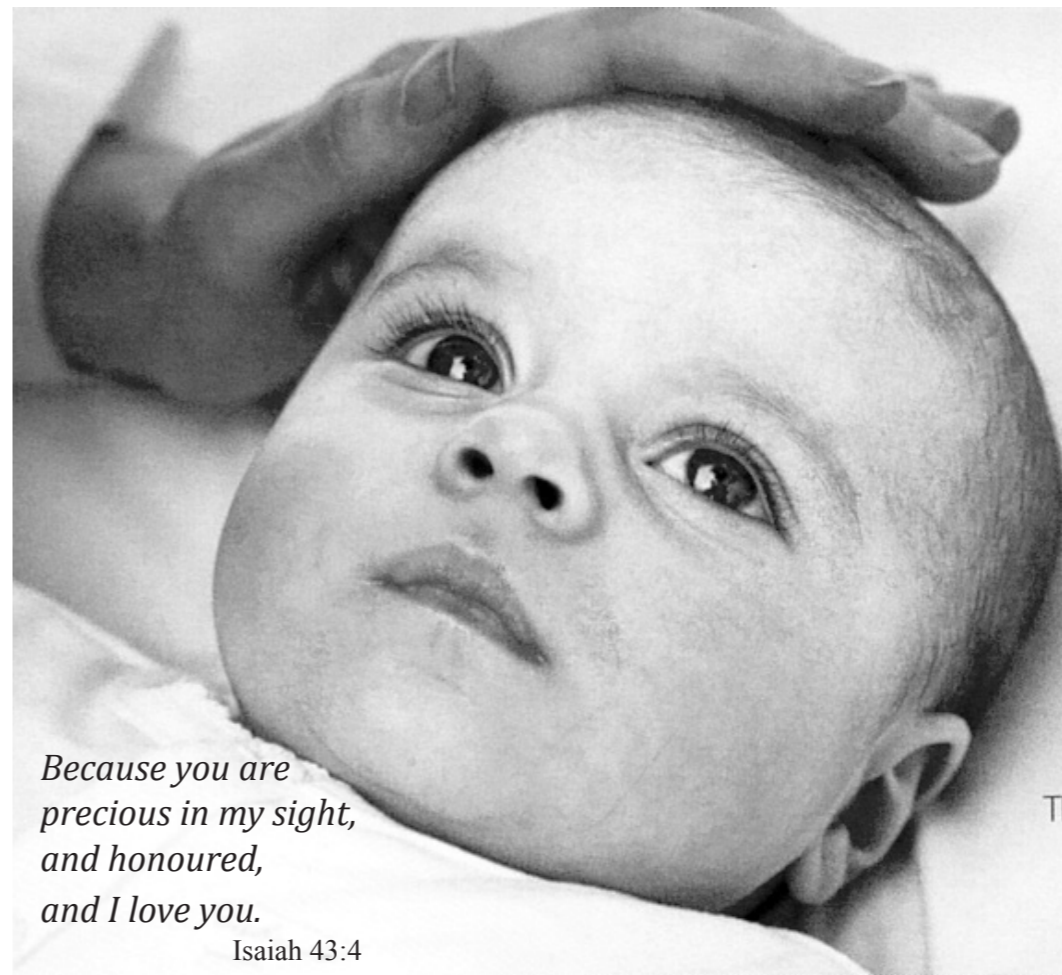
Think too of the one-flesh union of husband and wife.

The act of giving birth is, literally, a breaking open of a woman’s body which, even in developed countries, poses a certain risk of death in the process of giving life.

Countless men have quietly worked back-breaking jobs, risking their health and wellbeing in order to feed their families.

There are so many ways that we ‘embody’ our love. Christian faith is not a head trip. Nor a purely ‘spiritual’ reality. It envelops our whole being.

As you go through your day, become aware of how you use your body, your whole self, to express faith, hope and love.



One of the most sacred actions of a parent is the first time they touch their newborn child.

It is a fundamental prayer.

*Because you are
precious in my sight,
and honoured,
and I love you.*

Isaiah 43:4