

Let's close our eyes and become aware of being in Christ's Presence

Christ has no body now but yours,

No hands, no feet on earth but yours,

Yours are the eyes with which he looks compassion on this world.

Yours are the feet with which he walks to do good.

Yours are the hands with which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes,

You are His Body.

It is only in cultivating an inner communion with Christ

through prayer and conversion of heart

that one is truly able to be his hands, his feet, his eyes, his body

for the rest of the world.

AMEN

Add...Hail Mary, Our Father or Glory Be...

St Teresa of Avila Pray for us

