

Living in a Handful of Clay

Reflection Questions

- Do you take your body for granted?
- Do you abuse your body by over eating, not giving it proper rest, not exercising?
- Do you spend too much time working to make your body beautiful for vain reasons?
- Are you careless in the way you groom your body, the temple of the Spirit?
- Are you too busy to use your body to appreciate and ponder God's creation around you? To literally stop to smell the flowers, look at the beautiful sky, to use your arms to give a hug, to use your whole body to give a child your attention?
- Do you obsess over the perceived inadequacies of your body?
- Do you blame your aching body for your inability to pray?
- Do you help a sick person to pray or take the time to read the Gospels or meditations to them?
- Have you encouraged another to mutilate their body through sterilization?
- Are you using your body to the best of your ability to do God's will for you?
- Do you offer your bodily aches, pains, or disability for the poor suffering souls in purgatory who no longer can utilize their "handful of clay" to repent for their sins?
- Have you thanked God for the gift of your body lately?