



We are Christ's Body

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 in the world.

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 today.

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).*