

Seventh Sunday of Easter

How we look after our bodies is a good take on how seriously we believe that Jesus entrusts his glory not only to us, but also in us.

Over the centuries the church has not helped us have a good image about our bodies. By the fifth century Christians were convinced that the body and the soul were separate entities within us. The soul was pure and good. The body could lead us into sin. Until recently Christians were taught to hate their bodies and to purge them so as to let the spiritual win out over the physical. It was a long way from St Paul telling us to glorify God with our bodies because they're temples of the Holy Spirit!

And while we need to be careful that we don't become narcissists and end up worshiping our bodies, if we see them as the earthenware jars holding the Lord, then being committed to getting fit, and staying fit, is a way to show God's glory working in us. It also brings a balance into our lives, a pride in ourselves, and demonstrates that we understand that the spiritual life also involves how we spend our time and energy away from the Church as well.

May these final weeks of the Easter season enable us to make the best possible choices about where we put our bodies, and what we put into them, so that we might take up the challenge of St Irenaeus' words, "The Glory of God is humanity fully alive."

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