

EPISODE 25 – The Bow in the Creed

1. In what other ways do we manifest in our bodies what we believe as Catholics?
 - All that we do is done with our bodies. I might consider that the prayer in my mind is not done with my body but my mind is part of this body. Even if you cannot see my prayer through the external action of my body, my mind is part of that body and God knows that I am using my body to speak with him.
 - So throughout the Mass from my very entrance into the Church through my exit after the final blessing I am using my body in some way. Such is the case with every sacrament, and in the living of my life as a member of the body of Christ.
2. How does the celebration of the various sacraments involve the use of the human body?
 - Every thought given in prayer, gesture made in reverence, songs sung, and more are uses of my body. This is true of every sacrament.
3. How can we more fully imitate the humility of Christ?
 - I can surrender the use of my body to God. Jesus became one of us so that we all might have eternal life with him. He loves me and is ever faithful to me. Jesus has asked us to remain in his love by obeying his commandments. I can show exactly how much I love him by doing my best to follow him each day. I love the following prayer of St. Mother Teresa:
 - *Our Father, here I am, at your disposal, your child, use me to continue your loving the world, by giving Jesus to me and through me, to each other and to the world. Let us pray for each other, that we allow Jesus to love in us and through us, with the love with which His Father loves Him. Amen.*
 - At the penitential rite in each Mass, I confess my sins to God and all present. I have sinned in what I have done and what I have failed to do. However, it is my intention each day to live out my life in love and service to God and his people. Yes, in my attempts to live this out with mind and body, I make mistakes, I sin, it is my fault. However, besides the sins there are all the successes I have, the good I do, the love I give. It is my hope that all these successes will follow me into the next life. I believe in the infinite mercy of God and that with the mercy granted to me, He has both forgiven and forgotten my sins, so that we can celebrate each and every moment when I loved Him and others as well as was able.