

Wellness Caring for God's Temple

INTRODUCTION

Good morning. As is customary in our Catholic schools, let us begin our day with prayer. The theme for our prayer this morning is *Wellness Caring for God's Temple*.

OPTIONAL: Let us begin by singing God's praises. Please join in singing:
(Sugg. *Blest are They* No. 522 CBWIII vv. 1-3)

OPENING PRAYER

Let us pray: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O God, you fashioned us in your image and likeness as man and woman, and made us temples of your Spirit in Christ. Open our hearts and minds as we begin this prayer, that we might embrace your offer of wellness by caring for your temple that is the gift of our lives. We make this prayer to you in the name of Jesus, your Son. Amen.

And now, let us be attentive to God's word.

OPTIONAL: READING

A reading from the book of Genesis (Gen 1: 24-27, 31a)

God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."

So God created humankind in his image, in the image of God he created them; male and female he created them.

God saw everything that he had made, and indeed, it was very good.

The word of the Lord.

Thanks be to God.

OPTIONAL: PSALM RESPONSE (Ps 8)

R. O Lord, our Sovereign,

How majestic is your name in all the earth.

When I look at your heavens, the work of your fingers,

The moon and the stars that you have established;

What are human beings that you are mindful of them,

Mortals that your care for them? **R.**

Yet you have made them a little lower than God,

And crowned them with glory and honour.

You have given them dominion

Over the works of your hands; **R.**

You have put all things under their feet,

All sheep and oxen, and also beasts of the field,

The birds of the air and the fish of the sea,

Whatever passes along the paths of the seas. **R**

READING

A reading from the Gospel of Luke (Lk 6, 17-19)

[Jesus] came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

The word of the Lord.

Thanks be to God.

REFLECTION

A temple is a powerful symbol for most, if not all religions. It is seen by many as a special place of encounter with the divine. The first temple of the Hebrews was built under King Solomon. It was a holy sanctuary that sheltered the Ark of the Covenant. Until then, the Ark had been housed in a movable tent or *tabernacle*. It was considered the dwelling place of God among the Hebrew people. Solomon's Temple was made of stone, and represented the entire created order - the dwelling place of God.

Within the created order, man and woman stand out as God's masterpieces. The book of Genesis tells us that God calls creation, "good" after fashioning the earth, its plants, fish and animals. It is only after creating man and woman in the divine image and likeness on the sixth day that God finally pronounces creation "very good." We are God's masterpiece – each of us a special dwelling place of God, a sacred temple that deserves reverence and care.

The prophet Ezekiel had a vision of the temple with living water welling up inside and flowing outward in all directions to nurture and heal humanity (See Ez 47). This same river of living water flows out of Jesus, the new Temple, nurturing and healing wherever he goes. In the Gospel of John, Jesus tells his followers that his living water will flow from the hearts of all who believe in him (Jn 37-39).

Each of us is God's temple in Christ. By our Baptism, we have received Christ's gift of the Holy Spirit – living water welling up in our hearts, flowing outward to sustain, heal and build up one another in love. May this living water continue to flow through our lives, so that we might know a true and lasting wellness – through due attention to our own personal needs, reverence for one another's dignity, and faithfulness to our share in the mission of our Catholic schools.

PRAYER OF THE FAITHFUL

Let us pray for the Church. That all the members of Christ's body might grow in wellness through reverence and love for one another as God's temple.

We pray to the Lord. *Lord, hear our prayer.*

Let us pray for the world. That all peoples might experience wellness in body, mind and spirit by working for peace.

We pray to the Lord. *Lord, hear our prayer.*

Let us pray for those who suffer, particularly those among our colleagues, families and friends. That Christ's healing love might touch restore them to health and wholeness.

We pray to the Lord. *Lord, hear our prayer.*

Let us pray for ourselves. That wellness will flourish in our workplaces, communities and homes as we uphold one another's dignity as temple of God's Spirit.
We pray to the Lord. *Lord, hear our prayer.*

And for our own intentions....
We pray to the Lord. *Lord, hear our prayer.*

Let us unite our prayers using the words that Jesus taught us: ***Our Father...***

CLOSING PRAYER

Let us pray. Lord our Creator, we thank you for having fashioned us in your divine image and likeness. May we find true wellness in the power of your Spirit as we strive to care for your temple that is the gift of our lives. We make this prayer to you in the name of Jesus, the Lord. Amen.

And may Almighty God bless us: Father, Son and Holy Spirit. Amen.

CLOSING SONG

Please join in our closing song: (Sugg. *Blest are They* No. 522 CBWIII vv. 4-5)