
DEVELOPING A RULE OF LIFE: THE BODY

Thursday, March 12

INTRODUCTION

The body is at once the primary metaphor for Christ's presence on earth and the most suspect site and dismissed source of wisdom for living faithfully. Developing a rule of life for the body begins with reverence for the wonder of God's creation and the greater Body of which we are a part.

QUESTIONS

- How do you experience your body? How does being embodied connect with your spiritual life? What aspects are you grateful for? What is challenging?
- How might you care for your body more prayerfully and intentionally? What nourishment, movement, preventative or other care might be part of a spiritual discipline? On what basis?
- How are you physically present in relationships? How is affection divine? How might it be healing? What intention can you bring?
- What is your pattern of fasting and feasting, or of abstaining and indulging? How does each fit together? How can you approach it with greater intention?

RESOURCES FOR REFLECTION



- Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?
- Matthew 6:25
- Debie Thomas, [What the Body Knows](#)