**Thursday 14th January**

**WELCOME**: In the name of the Father and of the Son and of the Holy Spirit. Amen.

This week our theme is The Beauty of Human Life.

**WORD**: If our bodies are “temples of the Holy Spirit” as St Paul describes, then we should take care of them as people would take care of a sacred temple.

**WORSHIP**: Dear God, sometimes I eat healthy food and exercise but most of the time I don’t. Help me to look after my body so it is fit and healthy. Amen. (If this prayer doesn’t reflect the way you feel about food and exercise, write a short prayer, telling God about how you view food and exercise).

**WITNESS**: At the beginning of this New Year, is there one thing you can easily change to make your life healthier for your body?

**MEDITATION (click on the link and turn on the sound)**

<https://www.loyolapress.com/retreats/a-personal-encounter-start-retreat/>

We conclude our prayer in the name of the Father and of the Son and of the Holy Spirit. Amen