

# WE AWAKEN IN CHRIST'S BODY

*We awaken in Christ's body as Christ awakens our bodies,  
and my poor hand is Christ. He enters my foot, and is infinitely me.*

*I move my hand, and wonderfully my hand becomes Christ, becomes all of Him  
(for God is indivisibly whole, seamless in His Godhood).*

*I move my foot, and at once he appears in a flash of lightning.  
Do my words seem blasphemous? --- Then open your heart to Him*

*And let yourself receive the one who is opening to you so deeply.  
For if we genuinely love him, we wake up inside Christ's body*

*where all our body, all over, every most hidden part of it,  
is realized in joy as Him, and He makes us utterly real,*

*and everything that is hurt, everything that seemed to us dark, harsh, shameful,  
maimed, ugly, irreparably damaged, is in Him transformed*

*and recognized as whole, as lovely, and radiant in His light.  
We awaken as the Beloved in every last part of our body.*

*ST. SYMEON THE NEW THOLOGIAN (949-1022)*  
*Mystical Hope: Trusting in the Mercy of God. Cynthia Bourgeault*  
© 2001 by Cynthia Bourgeault.

**Read** [read passage twice]

Silence 3-5 minutes\* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

**Reflect** [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

**Respond** [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

**Rest** [read once]

Rest in God's grace, in silence 2-3 minutes

\*The time allotted for each period of silence can vary.