


- 1 Today marks the birthday in the year 1515 of St Teresa of Avila, in Spain. She wrote:
- 2 *Christ has no body on earth now but ours:  
no hands but ours, no feet but ours.  
Ours are the eyes  
through which Christ's compassion  
is to look upon the world.  
Ours are the feet  
with which he is to go about doing good.  
Ours are the hands  
with which he is to bless others now.*
- 3 *Let us pray:*

**Lord Jesus,**  
**I give you my hands**  
 - to do your work.  
**I give you my feet**  
 - to go your way.  
**I give you my eyes**  
 - to see as you do.  
**I give you my tongue**  
 - to speak your words.  
**I give you my mind**  
 - that you may think in me.  
**I give you my spirit**  
 - that you may pray in me.  
**Above all, I give you my heart**  
 that you may love, in me,  
 your Father and all mankind.  
**I give you my whole self**  
 that you may grow in me,  
 so that it is you, Lord Jesus,  
 who live and work and pray in me.  
**Amen.**

*Grail Prayer*

 *Not to be confused with St Terese of Lisieux,  
"The Little Flower" - see 1 October.*

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:  
[www.prayingeachday.org](http://www.prayingeachday.org)