

21 MAY

(See also 17 June)

- 1 We can look at the stars in the sky at night, and we might wonder about the significance and worth of a single person amidst the vastness of the Universe.
- 2 If an adult human body was analysed, we would discover that it is made of:
- 3 - about 45 litres of water;
- 4 - enough carbon to make the lead of 9,000 pencils;
- 5 - enough phosphorus for the heads of 2,000 matches;
- 6 - enough iron to make a nail;
- 7 - about 30 grams of other metals;
- 8 - enough fat to make about 8 bars of soap;
- 9 - enough sulphur to rid a dog of fleas;
- 10 - enough lime to whitewash a small shed.
- 11 Human beings, of course, are very much more than chemicals - we are individuals with feelings, talents, relationships, and a personal history.

12 *Let us pray:*

Lord God,

**I can think of some of the chemicals
my body is made of
and the way
the different cells of my body interact,
but I know how much more
a human being really is.**

**I pray that I may always appreciate
the wonder
of the human body, mind and spirit.**

**I pray for good health,
an enquiring mind,
and a spirit that seeks all that is good,
knowing that I will only
be fully at rest and in peace
as I live in your presence. Amen.**

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