

# 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](http://www.prayingeachday.org)