



Temperance & Healthy Eating

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate temperance and healthy eating.*

INTRODUCE TOPIC & SCRIPTURE Sirach 37: 29-30 *"Be not drawn after every enjoyment, neither become a glutton for choice foods, for sickness comes with overeating and gluttony brings on (digestion problems)."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (Based on Psalm 143:8b) *"Show me the way in which I should walk, O Lord."*

MEDITATION "Who would have thought that temperance, seemingly the dowdiest and least exciting of virtues, could be the key to happiness, strength, and beauty? It's true."³ Listen to these quotes: Aristotle said, "Too much or too little gymnastic exercise is fatal to strength. Similarly, too much or too little meat and drink is fatal to health, whereas a suitable amount produces, increases, and sustains it."⁴

St. Thomas Aquinas said, "Beauty is a foremost attribute of temperance which above all hinders a man from being defiled."⁵ "As we build bodily strength and beautify our physical forms temperance allows us to control our appetites."⁶ "...when it comes to diet, the basics, the tried-and-true staples, should form the healthy foundation of our bodily temples, just as tried-and-true spiritual staples (such as prayer, the sacraments, and the virtue of charity) should fortify our spirits."⁷ "What we need to learn are realistic, healthful, moderate (temperate), and enjoyable daily eating habits."⁸ Good nutrition is the process of balancing God's abundant gifts for full health.

RESOLUTION (Re-read Scripture.) "...Building virtues entails three main things: 1) *knowing* good behaviors, 2) *choosing* good behaviors, and 3) the *ongoing practice* of those good behaviors. Our goal... will be to train ourselves to desire the food choices that are best for us and to acquire a bag full of tricks to help us make those choices, until they become deeply ingrained habits – temperate, virtuous habits of total physical, mental, and spiritual fitness."⁹ Let's spend a few minutes in prayer, asking God to give us wisdom, temperance, and perseverance as we strive to nourish and care for our bodies.

Mary, give me the grace and strength to daily make the choice to strive to live a healthy, balanced life as best as I am able.

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Nourisher of God and Man, **pray for us**; St. Joseph: **pray for us**; St. Thomas Aquinas (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Kevin Vost, *Fit For Eternal Life*. Sophia Institute Press, 2007. p. 121. Used with permission.

⁴ Kevin Vost, *Fit For Eternal Life*, pg. 119. Used with permission.

⁵ Ibid.

⁶ Kevin Vost, *Fit For Eternal Life*. Sophia Institute Press, 2007. p. 121. Used with permission.

⁷ Kevin Vost, *Fit For Eternal Life*. Sophia Institute Press, 2007. p. 123. Used with permission.

⁸ Kevin Vost, *Fit For Eternal Life*. Sophia Institute Press, 2007. p. 124-125. Used with permission.

⁹ Kevin Vost, *Fit For Eternal Life*. Sophia Institute Press, 2007. p. 135. Used with permission.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

