



Physical Exercise

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 the need for physical exercise.*

INTRODUCE TOPIC & SCRIPTURE **I Cor. 6:19** *"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body."*

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE Based on Psalm 33:22 **"Let your mercy, O Lord, be upon us."**

MEDITATION "The Catholic Church is keenly interested in physical exercise because the human body is, as St. Paul states, the temple of the Holy Spirit. The Church views physical exercise as serving the harmonious development of the human body, which is considered to be the masterpiece of all creation. So often today we encounter people who emphasize the care of the body through exercise at the expense of leaving undeveloped the moral and spiritual aspect of human dignity. The Church teaches that care of the body through exercise is not an end in itself, but should be directed to the intellectual and moral perfecting of the soul."³

Blessed Pier Giorgio Frassati, who was beatified by St. Pope John Paul II in 1990, lived in Italy and was a man who strived for physical and spiritual fitness. He was an avid skier, swimmer, and bicycle and rowing enthusiast. He was an ardent mountain climber who valued it as a means of developing character. He was also a great spiritual athlete. He was a man of deep prayer. At [his college] graduation, his father gave him a choice of money or a car. He chose the money and gave it to the poor. He contracted polio at the age of 24 and died with a smile on his face and a Rosary in his hand. In 1984, John Paul II called him a "model for athletes." Blessed Pier Giorgio—pray for us!⁴

RESOLUTION (Re-read Scripture.) St. Pope John Paul II said, "There is a need to find free time in order to exercise strength and dexterity, endurance, and harmonious movement, so as to attain or guarantee that physical efficiency necessary to man's overall equilibrium." Do I see my body as a temple of the Holy Spirit, and the need to care for it in a balanced way? Do I exercise too much or too little? Come Holy Spirit... *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 I do, glorify you. *Mary, Temple of the Holy Spirit: **pray for us**; St. Joseph: **pray for us**; Blessed Pier Giorgio (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 Robert Feeney, *The Church Speaks: On the Value of Physical Exercise*

⁴ School of Faith, Salvation History I, pg. 5

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

