

# FAITH CHAT

with James & John

## Do You Want Physical Or Spiritual Health?

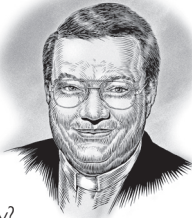
### Know This...

Unlike Jesus, we are not divine; but, like Jesus, we have a body and a soul. The health of both is important. They need to be fed, exercised, and nourished. To focus on one and ignore the other is unwise, unhealthy, and contrary to God's plan. Magazines, billboards, and movies inundate us with images of perfect bodies. Many of us expend a lot of time, energy, and money on the latest diet or surgery hoping to reshape our bodies. There is nothing wrong with caring for our physical appearance. God calls us to care for His gift of life. But we must not ignore our spiritual health.



**John:** Each of us consists of a unity of two essential parts: a physical body and a spiritual soul. Our bodies are corruptible and mortal; and although our souls are affected by the corruption of sin, they are immortal.

**James:** Regardless of how well we care for our bodies, they age and die. Yet, our souls by nature never age and never die. So shouldn't we also make our spiritual health a priority?



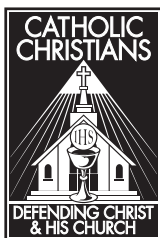
**John:** Regardless of their shape, our bodies are beautiful; but it's only when they're fed, exercised, and nourished that we can fulfill our calling to care for God's creation.

**James:** We must seek balance in our lives. To exercise our bodies daily, but never pray or participate in Mass, or, to watch what we eat, but never live Christian moral values, is the wisdom of a fool.

**John:** Why? Our bodies will die; but our souls will live forever in heaven or hell.

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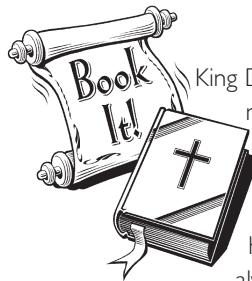
Jesus gave us the parable of the rich man who stored his harvest. "God said to him, 'You fool, this night your life [soul] will be demanded of you; and the things you have prepared, to whom will they belong?' Thus will it be for the one who stores up treasure for himself but is not rich in what matters to God." Lk 12:20-21 Jesus said to the Apostles, "For what doth it profit a man, if he gain the whole world and suffer the loss of his soul?" Mt 16:26a "Watch and pray that you may not enter into temptation; the spirit indeed is willing, but the flesh is weak." Mt 26:41

"Is the soul by itself a man? No, it is but the soul of a man. Can the body be called a man? No, it can but be called the body of a man. If, then, neither of these is by itself a man, but that which is composed of the two together is called a man, and God has called man to life and resurrection, He has called not a part, but the whole, which is the soul and the body." St. Justin Martyr, 155 AD "The unity of soul and body is so profound that one has to consider the soul to be the 'form' of the body: i.e., it is because of its spiritual soul that the body made of matter becomes a living, human body." CCC 365



## PAPA SAYS

"Beloved, I urge you as aliens and sojourners to keep away from worldly desires that wage war against the soul." 1 Pet 2:11 "The person, including the body, is completely entrusted to himself, and it is in the unity of body and soul that the person is the subject of his own moral acts... In fact, body and soul are inseparable: in the person, in the willing agent, and in the deliberate act they stand or fall together." Pope John Paul II



King David asked God, "What are humans that you are mindful of them, mere mortals that you care for them? Yet you have made them little less than a god, crowned them with glory and honor. You have given them rule over the works of your hands, put all things at their feet." Ps 8:5-7 "Rejoice always, pray constantly... Do not quench the Spirit... Hold fast what is good, abstain from every form of evil... May your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ." 1 Thess 5:16-17, 19, 21-22, 23b

Heavenly Father, I praise You for creating me in Your own image and for calling me to share in Your divine life. You breathed life into my body and soul and now call me to guard my physical and spiritual health. Give me the wisdom and strength to care for my body and soul that I may serve Your creation in this life and enjoy Your presence in the next life. Grant this in the Name of Jesus. Amen.

