



Gilly's Quiet Garden

Inner strength
for the outer journey

Teresa of Avila:
Christ's Hands and Feet

Christ has no body now on earth but yours;
no hands but yours; no feet but yours.
Yours are the eyes through which the compassion of
Christ must look out on the world.
Yours are the feet with which He is to go about doing
good.
Yours are the hands with which He blesses all the world.

Teresa of Avila

Read the words of St. Teresa of Avila.

Spend a moment considering *your* hands, *your* feet;

Can you list the things they do?

Maybe they do helpful things; useful things.....

Maybe they are weary from doing such things.....

Maybe at the moment all your hands can do is to hold a cup of tea that
someone has made for you while they help you
through a difficult time.....

Can your hands bless others?

Can your hands receive blessing from others?

*You can print off the hand and foot templates, or you may like to draw round
your own if you would like to!*

You could write on it how you are feeling.... Single words, or phrases.

*Are you grateful for being blessed by others, or
grateful for blessing others perhaps?*

**I encourage you to treat these reflections prayerfully,
taking time to consider the thoughts and questions within the
context of your own life. If you are in the habit of
keeping a journal do use that to help your responses.**





