

## Deacon's Beacons

September 26, 2019

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. 2 Corinthians 4:16

Our bodies are not meant to last forever. Yes, we have a moral obligation to care for our bodies. But if that is true, we have a larger obligation to care for our eternal souls. That is the inner body of which St. Paul is speaking. Maybe you do exercise. What do you do to strengthen your soul? Are you spending time developing those muscles if you will? How does one do that? You should first and foremost be spending time in prayer. This will strengthen your relationship with God and therefore your soul. Seeking the Sacraments is a way to nourish and strengthen your soul. Read the Scriptures. Read spiritual books. If you are willing to sweat to improve your body, why would you do otherwise with your soul?

Go raibh síocháin Chríost a bheith in éineacht leat.

Deacon Mike