



Becoming a Better Me

- What discourages you from treating your body in a healthy way?
- What discourages you from developing your mind to its fullest potential?
- What discourages you from knowing God better and putting God first in your life?

Prayer

Father,
I abandon myself into your hands; do with me what you will.
Whatever you may do, I thank you: I am ready for all, I accept all.
Let only your will be done in me, and in all your creatures—
I wish no more than this, O Lord.
Into your hands I commend my soul; I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself, to surrender myself into your hands
without reserve, and with boundless confidence,
for you are my Father.
Amen.

—Charles de Foucauld

- How are you encouraged to treat your body in a healthy way?
- How are you encouraged to develop your mind to its fullest potential?
- How are you encouraged to know God better and put God first in your life?