



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?