

CARE FOR BODY AND SOUL

A human person is made up of both body and soul. The soul and body have their origin in God. And since all that God has made is good, we must treat and use our souls and bodies with respect. Regarding the body, the holy Apostle Paul tells us that no one “hates his own flesh; but nourishes and cherishes it.” (*Eph. 5:29*). Without despising the body, we know that the soul has a greater dignity. Again, St. Paul tells us: “for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” (*1 Tim. 4:8*). Most of us will nourish our bodies daily, and give them rest and maintain hygiene, etc. But, do we have the same consideration for our souls? In extolling the Saints, we recognize how they have given examples of how to “spurn the flesh, for it passes away, and how to care for the soul, which is immortal.” It is not about caring for the body or the soul, but caring for both, yet giving the soul priority.