

Building Up the Body of Christ

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

“Consider that since you should be working in your ministry for the building of the Church on the foundation which has been laid by the holy apostles by the instruction you are giving to the children whom God has entrusted to your care, ... you must fulfill your ministry as the apostles fulfilled theirs.” (Meditation No. 200.1)

FIRST MOVEMENT

1. **Take a few minutes to quiet yourself and recall God's presence both within yourself and in the midst of your dealings with others.**

“You are the temple of the living God; just as God has said: ‘I will dwell with them and walk among them. I will be their God, and they shall be my people.’” (2 Cor 6:16)

2. **Ask that God make clearer his will for you; and that, thus more fully glimpsing your vocation, you might be helped to give yourself zealously to its accomplishment.**

“May the God of peace ... make you capable of all that is good for the doing of his will, that through Jesus Christ you may carry out all that is pleasing to him.” (Heb 13:20)

SECOND MOVEMENT

3. **Contemplate the Mystery of God's Love at Work in the World**

Read the following passage a few times slowly. What words or phrases attract your attention? Listen to what is being said to you through the passage.

“I plead with you, then, as a prisoner for the Lord, to live a life worthy of the calling you have received, with perfect humility, meekness, and patience, bearing with one another lovingly. Make every effort to preserve the unity which has the Spirit as its origin and peace as its binding force. There is but one body and one Spirit, just as there is but one hope given all of you by your call. There is one Lord, one faith, one baptism; one God and Father of all, who is over all, and works through all, and is in all. ... It is he who gave apostles, prophets, evangelists, pastors, and teachers in roles of service for

the faithful to build up the body of Christ, till we become one in faith and in the knowledge of God's Son, and form that perfection which is Christ come to full stature." (Eph 4:1-7, 11-13)

4. Reflect on the Mystery of God's Love at Work in Your Own Life

Who are those people through and by whom God fashioned you to be more kind, loving, patient, gentle and humble in your dealings with others?

How attentive and careful are you in helping to lay a solid Christian foundation in the lives of those entrusted to your instruction and guidance?

How comfortable are you to be God's co-worker in "roles of service for the faithful to build up the body of Christ"?

Where are you being invited to be more apostolic and prophetic, more worthy of the calling you have received, in your zeal on behalf of the construction of a "new heavens and a new earth" (Rev 21:1-7)?

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and Through You Today

Where is God inviting you to change what you are doing and the manner in which you are living so that others may enjoy a fuller and more human existence?

Take a few moments to renew the consecration of the temple of your being by re-offering today to God your whole heart and all your will (Meditation No. 188.3).

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle's *Method of Interior Prayer*.