

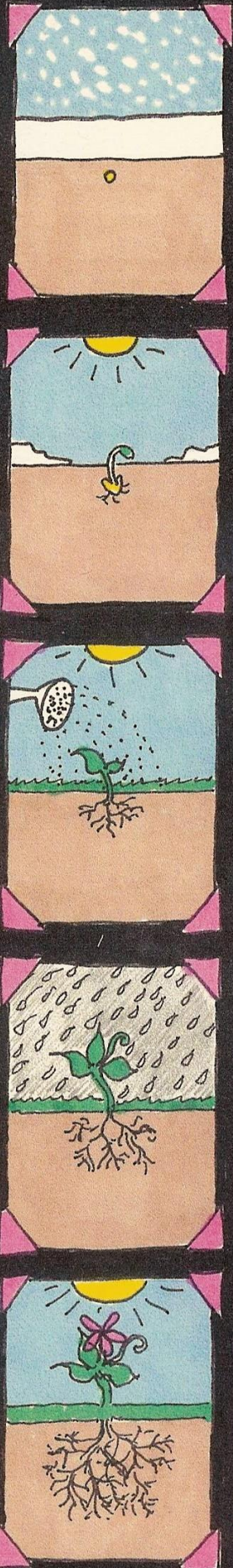
March 18

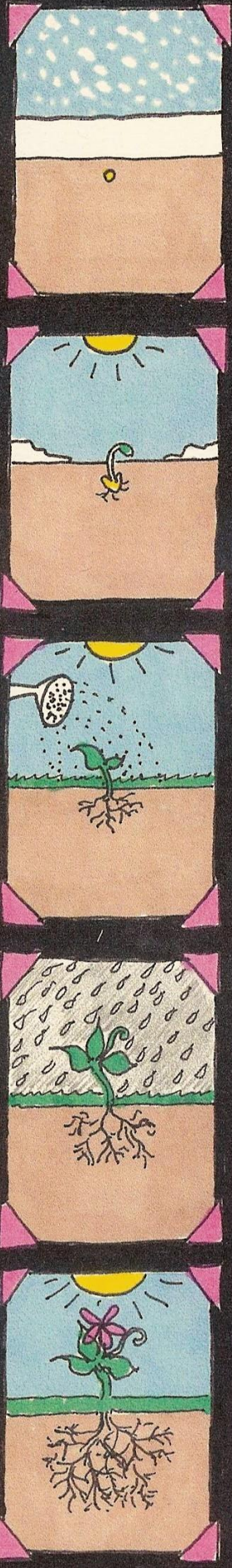
**“YOU DON’T HAVE A SOUL.
YOU ARE A SOUL.
YOU HAVE A BODY.”**

C.S. LEWIS

This quote always helps me to realign my priorities I busy or confusing times. With how quickly the world moves today, it is much easier to picture oneself as a body (busy body) trying to take care of a soul, but we really should look at things the other way around.

Being primarily a spiritual being gives one a whole new outlook on life and humanity. Most significantly, it makes spiritual matters more important than physical matters. Also it means we are meant to connect with each other spiritually. Simply, this means that it is





important to pray and worship with those close to you. If you'd like to deepen a spiritual relationship further, just discussing certain Bible passages or religious literature without passing judgment on the other party can deepen any relationship (I would recommend anything by C. S. Lewis if you aren't studying the Bible.) This is how deep our relationships with each other are supposed to be. To be able to freely communicate religious beliefs and thoughts about our own spirituality is true freedom, and everyone deserves a chance to be heard and understood.

When I was younger my mother would have us do this exercise to make sure we were healthy spirits.

Love is patient, love is kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or

resentful; it does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends.

You replace “love” and “it” with your name and see if you live up to Love’s standards. If a phrase seems funny, you probably found an area you can work on. We (as in mom’s five children) always ended up laughing when we heard, “Mom is patient.” She was probably more patient than we realized at the time.

Jessica Gorski

