

## Impulse 05 – Green: Love heals, it is health for our soul.

As a person, I not only have a body, but I am a body. Consequently, love is always corporeal and concrete. The green of the rainbow is about this **corporeality of Christian love**. Food, health, recreation and sports, but also illness, death and resurrection, and ultimately the entire creation in which mankind lives and of which it is the crown are united in this aspect. Love always has to do with the body in its diverse connotations – whether it is with the **physical body of the individual** or the “**mystical body of the community**” where the latter itself is a place of Christ's presence.

This corporeal love firstly means **concrete caring for others**. A friendly greeting in the morning, preparing lunch lovingly or making someone a cup of coffee or tea are things that build relationships between people and intensify community. This is particularly evident when we consider caring for children or the sick. The time spent for them is a special testimony of Christian love.

In addition to caring for others, I am also always called upon to take **care of myself**, as the life that has been entrusted to me requires care and carefulness. Our body is a temple of the Holy Spirit. When we consider it this way, we give sports and recreation the appropriate weight. We have our body not only for ourselves, so that we can treat it ruthlessly. A lack of sleep, lack of rest, excessive nicotine or alcohol use makes a person who is a temple of the Holy Spirit unsightly and impairs their capacity to build relationships. An organized and orderly life serves our health best. In the 19th century, the founder of an order wrote to his religious community, “The joy of life is enhanced by prudent planning that allows everyone to pray, work, study and relax.”

A special aspect of Christian corporeality is **dealing with one's own sexuality**. As a person, I am all woman or all man and thus “incomplete” and reliant upon the other one. I will only become “whole” by lively and honest togetherness. I am called upon to look at everybody with a pure gaze that sets them free, because every person is a creation of God and a temple of His presence.

Where two people come together in personal love, this love becomes fulfilled in utter humane self-giving. An individual then gives himself or herself body and soul, with their past, present and future. This corporeal love is final and unconditional, a gift of one's own entire bodily existence to the other person. This requires a high level of human maturity and – among Christians – it needs indissoluble, Christian marriage as an appropriate shelter.

But what if we are **affected by disease**? We know that Christ transformed pain into love through his suffering and

jesus beim  
**WORT**  
genommen



Health of the body: the physical body of a human being, but also the mystical body of the community of the Church.



Life in colours

### Freunde des Wortes

Kontakt:

Meinolf Wacker  
Kirchplatz 7  
59174 Kamen

Tel.: +49 172 5638432

Mail: [mail@onword.de](mailto:mail@onword.de)

Net: [www.onword.de](http://www.onword.de)

death. When I am sick, I can sense that Christ helps me bear my pain and that I can therefore unite my pain with his. If I discover (slowly) and “learn” to lovingly accept my pain, then my love acquires a new quality. The pain is transformed into love. Chiara Lubich wrote, “If you are suffering and your suffering is so great that it prevents you from doing anything, remember the mass. During mass – both then and now – Jesus does not work, he does not preach: Jesus sacrifices himself for love. In life, you can do many things, say many words, but the voice of pain, perhaps unheard and unnoticed by others, the pain sacrificed for love, is the strongest word: It shakes heaven. **When you are suffering, submerge your pain in his: Celebrate your mass!**” Elsewhere we read: “Those who are suffering among us, the sick, the dying, are the ones who have been elected. They are at the centre of our love. They do the most and have most impact.” Therefore, the sick are a great treasure for us Christians.

Just as Jesus lived for “His hour,” for **death**, the green of the rainbow invites us to prepare ourselves for that hour and to help one another fall into the arms of Jesus with our body when we die. We will meet Him then, and may see Him the way He is. If we help each other in this way, we will be able to appreciate that love is not stopped by death. The love of Christ overcomes the terrible barrier of death. “God is not so narrow-minded that he would take away from us what he has given to us through these dear people. He continues to give it to us, albeit in a different way. Those who have entered into eternal life, continue to love us – with a steady, eternal love ... No, we have not lost our loved ones. It is as if they left their homes to go live in a different place. They live in the land of the Father, are in Him, and through Him we can continue to love each other in the way the gospel teaches us.” (Chiara Lubich)

Dear young friends, **live and love corporeally – from head to toe**. The colour green invites us to do just that. Let us care for life – our life and the life of our neighbours – to the point of death!

Let us care for the sick and the elderly. And let us nourish ourselves on the Eucharist, because this way we nourish ourselves with Jesus, thereby becoming “another Jesus,” and are at the same time incorporated into the mystical body of the Church – “united by an ineffable, divine bond with one another and with the head of the whole body!” (Pope Pius XII.)

Heinrich Oest and Meinolf Wacker

### ***Biblical sources***

John 6:54    Psalm 16:2

John 11:25    1 Corinthians 13:8

1 Corinthians 6:19

### ***Impulses***

- Consider your phases of recreation. Are they really times of relaxation or are you driven by excessive activism (even) during these hours?
- Do nothing for a change! Take a real time out!
- Get enough exercise (walks, sport) without idolizing fitness!
- Holidays should be real holidays! Fill your days with activities that improve your health and take you out of your usual daily rhythm.
- Make a yearly, monthly, daily and weekly plan in which the various aspects of life are regularly scheduled.
- Visit sick and elderly persons in your family, in your neighbourhood, among your relatives, schoolmates or colleagues. Make an effort to do the necessary deeds of charity for the sick!
- When you are sick, try to connect your pain with the Cross of Jesus. Transform it into love!