

Teresa of Avila (1515–1582)

Christ Has No Body

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.

Born in Spain, Teresa entered a Carmelite convent when she was eighteen, and later earned a reputation as a mystic, reformer, and writer who experienced divine visions. She founded a convent, and wrote the book *The Way of Perfection* for her nuns. Other important books by her include her *Autobiography* and *The Interior Castle*.

Is there something you might choose to write during Lent 2021?
