



# Alabaré Church Resources

## The Hands and Feet of Christ



This activity will take approximately 15 minutes.



### Resources

- Paper
- Coloured pens/pencils/paint



### Instructions

- 1) Print out the reading so you have one for each child (P.T.O)
- 2) Ask them to draw around the poem / use their hands and feet to create 'the hands and feet' of Christ

If you have any questions about this pack or would like to find out more about Alabaré's work please email [clt@alabare.co.uk](mailto:clt@alabare.co.uk) - our team will be happy to help.

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.

**Teresa of Avila 1515–1582**

