

## This Is My Body

**Refrain:**

**This is my body, my life for all time  
and this is my blood  
I give for all of you.**

1. We are asked to be bread for each other,  
to unveil the good which everyone is. *Refrain*
2. No greater love can anyone have  
than to give their life for their friends. *Refrain*
3. Life can offer us all we want it to be.  
Are we listening to voices that sing? *Refrain*
4. Morning song is sung in the hearts of those searching  
for a way to be free in the myst'ry of life. *Refrain*
5. Often look at all the life to be simply shared.  
What is given us is to respond. *Refrain*
6. Know the Father's love is living within us,  
touching all that is real, to make us free. *Refrain*
7. When the table is the center of sharing,  
bread will make us whole with each other's life. *Refrain*
8. I have offered you ev'ry gift that I am.  
Will you drink the cup that brings new life. *Refrain*
9. I am with you all ev'ry day of your life.  
May you live in peace, as though with one heart. *Refrain*
10. Live with purpose each day as it comes.  
The Spirit will come alive in all that you do. *Refrain*
11. Are you looking for a way you know not?  
You will find it in the truth of your person. *Refrain*
12. Let the children always laugh as they play.  
They know more than we what it is to be free. *Refrain*