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## Right Size and Shape

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## Right Size and Shape

Little children are often given simple games that enable them to fit a round piece into a round receptacle, and a square piece into a matching square space. We know for certain that the key to the house does not fit the ignition switch for a car and we have learned from experience how important the right size is when we need to fit a lid to a pot of boiling water.

We might be concerned at times about our own or others' sizes and shapes, with a certain amount of "body-consciousness." We have standards for ourselves that probably adjust over time, especially if we become confident that our value is far less dependent upon our body-type than upon our character and personality. Movie and TV stars are a very small minority of the population in terms of physical appearance, and they certainly exhibit no greater signs of social adjustment than the rest of us, as the tabloids love to relate.

Our contentment with our size and shape and our realistic efforts for maintaining some reasonable control through diet and exercise usually has some mixed motives for the care we take of both health and appearance. We might be very spiritual, but we also live and act in visible and tangible bodies. We have a self-image that relates to both appearance and behavior, and we interact in various communities of persons who are aware of us as we of them. We are conscious of whether or not we care for ourselves, and we observe in others, just as they observe in us, the ordinary manifestations of self-respect and respect for others that mark the communities and culture which surround and support us. Spirituality and some concern for our physical shape and size are not mutually exclusive.

Though we like to feel and to appear fit and healthy, and appreciate these qualities in others, our love for self and for one another is not based primarily on such easily noted traits. Do we stop caring about a family member or friend who is disabled or disfigured by an accident or by a debilitating illness? The stories of those who suffer from any reason touch our hearts rather than cause us to turn away from them. Our first concern is not their physical appearance, but our concern for them.

What might be the perspective of The Creator on the sizes and shapes of people? If we have any thought that there might be a right size and shape for us, we have only to observe the kind of creativity we see with even the quickest tour through an aquarium, and view some small part of the vast range of shape and size among fish. How varied too we humans are, and how loved each of us is. God surely is not interested primarily with our appearance.

We might ask ourselves whether God loves us more than or less than another person who looks so very different from us. Could God love anyone less for a few extra pounds or a set of wrinkles? Is a mature adult more loveable than an infant, an educated person more than one who has had no opportunities for schooling? We do not think of one another with such a limited perspective, nor does God.

All of us are the right size and shape when we choose to live according to our unique personal calling.