

THEOLOGY OF THE BODY

“The body, and it alone, is capable of making visible what is invisible: the spiritual and the divine.”

—Pope Saint John Paul II

Schedule of Topics

April 4 | 47 min.

Introduction

Session 1: Created for Love

- 1.1: Who Are You?
- 1.2: Not Meant to be Alone
- 1.3: Man and Woman
He Created Them

Session 2: Naked Without Shame

- 2.1: Original Innocence
- 2.2: Spousal Meaning of the Body
- 2.3: The Fall

April 11 | 28 min.

Session 3: Love Defined

- 3.1: Love as Attraction
- 3.2: Loving vs. Using
- 3.3: Chastity

April 18 | 38 min.

Session 4: Hope and Redemption in Christ

- 4.1: The World We Live In
- 4.2: God a Loving Father
- 4.3: Made for Heaven

May 2 | 45 min.

Session 5: Truth and Freedom

- 5.1: Truth and Relativism
- 5.2: What is Freedom?
- 5.3: Virtue

Session 6: Free, Total, Faithful, Fruitful

- 6.1: Free, Total, Faithful, Fruitful
- 6.2: Contraception and Abortion

May 9 | 34 min.

- 6.3: Pornography
- Life Testimony for Guys
- Life Testimony for Girls

May 16 | 40 min.

Session 7: Language of the Body

- 7.1: Language of the Body
- 7.2: Homosexuality
- Personal experience of Homosexuality
- 7.3: The Body Reveals our Identity

May 23 | 46 min.

7.4: Overcoming Lies about the Body

Session 8: Marriage

- 8.1: Spousal Analogy
- 8.2: Qualities of a Healthy Marriage
- 8.3: Natural Family Planning

May 30 | 39 min.

Session 9: Priesthood, Consecrated

- Life, and Celibacy
- 9.1: Priesthood
- 9.2: The Consecrated Life
- 9.3: Discernment

June 6 | 36 min.

Session 10: Friendship, Dating, and Family

- 10.1: Friends and Family
- 10.2: Dating
- 10.3: Discipleship

WHAT IS THE THEOLOGY OF THE BODY?

The "Theology of the Body" is Pope Saint John Paul II's **integrated vision of the human person**. The human body has a specific meaning, making visible an invisible reality, and is capable of revealing answers regarding fundamental questions about us and our lives:

- Is there a real purpose to life and if so, what is it?
- What does it mean that we were created in the image of God?
- Why were we created male and female? Does it really matter if we are one sex or another?
- What does the marital union of a man and woman say to us about God and his plan for our lives?
- What is the purpose of the married and celibate vocations?
- What exactly is "Love"?
- Is it truly possible to be pure of heart?

All of these questions, and many more, are answered in the 129 Wednesday audiences popularly known as the "Theology of the Body," delivered by Pope Saint John Paul II between 1979 and 1984.

His reflections are based on Scripture and contain a vision of the human person truly worthy of man. Emphasizing the theme of love as self-gift, they counteract societal trends which view the body as an object of pleasure or as a machine for manipulation.



"The human body includes right from the beginning... the capacity of expressing love, that love in which the person becomes a gift - and by means of this gift - fulfills the meaning of his being and existence."

—POPE SAINT JOHN PAUL II

Instead, the body shows us the call and gives us the means to love in the image of God. Pope Saint John Paul II encourages a true reverence for the gift of our sexuality and challenges us to live it in a way worthy of our great dignity as human persons. **His theology is not only for young adults or married couples, but for all ages and vocations, since it sums up the true meaning of being a person.**

"Brace yourself! If we take in what the Holy Father is saying in his Theology of the Body, we will never view ourselves, view others, view the Church, the Sacraments, grace, God, heaven, marriage, the celibate vocation...we will never view the world the same way again."

—Christopher West, Theology of the Body teacher

A Family Meal
OF CATHOLIC TRADITION

WEDNESDAYS BEGINNING APRIL 4TH

DINNER 5PM • FILM 5:30PM