

# THEOLOGY OF THE BODY

## CLASS NOTES

### Chapter 1 – Who Am I? Discovering My True Identity

1. Page 5
  - a. Happiness
    - i. Everyone wants to be happy.
    - ii. Happiness depends on our choices.
    - iii. We oftentimes look for happiness in all the wrong places and in all the wrong ways (Empty Heart Dude poster!).
    - iv. We were made by God and for God, and will only be truly happy when we give our hearts to Him and live like saints. (Augustine quote!)
2. Page 6-8
  - a. TOB asks and answers 2 main questions:
    - i. Who am I?
    - ii. How should I live?
  - b. VOCAB Incarnation: God becomes man (Jesus)
  - c. VOCAB Human Person:
    - i. Both a body *and* a soul
    - ii. Made in the image and likeness of God
    - iii. Is unique and unrepeatable
    - iv. Meant to be a SAINT
    - v. NOT just a smart monkey

### Chapter 2 – Our Story: God’s Plan, Human Sin, Jesus’ Love

1. Chapter 2 DVD
  - a. VOCAB Free will: The ability to choose (good, evil, and everything in-between)
  - b. Following the Catholic Church’s teachings on love, sex, and marriage won’t make you a slave to rules, but will set you free to love and be as happy as you are meant to be. (“The truth will set you free” – John 8:32)
  - c. The Slippery Slope of Sin
    - i. First we invite sin into our house (heart), then sin stays as a guest, and then sin makes us a slave.
  - d. Don’t ever forget:
    - i. God knows you better than you know you
    - ii. You are not who they say you are

### Chapter 3 – Me, Myself, and I: Body and Soul

1. Body Language
  - a. Actions can speak louder than words
  - b. Examples:
    - i. High 5
    - ii. Handshake
    - iii. Hug
    - iv. Kiss
    - v. Slap
    - vi. Middle finger
    - vii. Glare

- viii. The crucifixion ("I love you THIS much.")
- 2. Being FULLY Human
  - a. Jesus was the "human-est" person to ever live
  - b. The more we live like Jesus the more truly ourselves we will become
  - c. The more truly ourselves we are the happier we will be

#### **Chapter 4 – How Should I Act?**

1. VOCAB Habit: an action repeated so often that it becomes part of one's character ("First we make our habits, then our habits make us.")
2. VOCAB Virtue: a good, holy habit that leads us to happiness
3. VOCAB Vice: a bad, sinful habit that leads us to unhappiness
4. VOCAB Grace: what God offers to us to help us develop virtue and kick-out vice (comes especially through the sacraments)
5. Becoming Virtuous
  - a. "Practice makes perfect."
    - i. To become who you want to be, you have to practice
    - ii. One thing every saint did: "Practice love."
  - b. It's one thing to talk the talk. Quite another to walk the walk. (James 2:26b)
6. Your True Self
  - a. If you want to become your true self (St. INSERT NAME), you can't be a different "you" depending on who you're with.
  - b. Good advice:
    - i. Choose friends that are going to help you act like a saint
    - ii. Take charge of what you watch, see, read, listen to, focus on, and give your time to
    - iii. Ask God, "Who do YOU want me to be?"
    - iv. Create a mission statement that you read every day
    - v. Write down goals
    - vi. Make a schedule
    - vii. Find some heroes (already in Heaven or well on their way there)

#### **Chapter 5 – Sex, Love, and Chastity**

1. VOCAB Complementarity: The notion that the differences between men and women aren't bad, but good because they bring out the best in one another.
2. The Church teaches that sexuality and sex are good and beautiful, not bad and dirty as many people mistakenly say.
3. Most people today don't ever really *THINK* about sex.
4. The body language of sex says, "I give all of myself to you". The language of marriage (the wedding vows) is, "I give all of myself to you." Sex, therefore, belongs within marriage.
5. The purpose of sex = union and procreation (a.k.a. bonding and babies, a.k.a. love and life)
6. VOCAB Chastity: The virtue that helps us love ourselves and others through our bodies.
7. VOCAB Abstinence: Refraining from sexual intimacy before being married.
8. VOCAB Modesty: Speaking, dressing, and acting in a way that encourages others to love, not lust.
9. VOCAB Lust: The vice that causes people to view and treat others as objects to be used instead of persons to be loved.
10. Sex is a lot like fire. It is good and beautiful, but only in the right place. If sex is misused, it can damage you emotionally, spiritually, and even physically (STDs).
11. Practicing chastity means playing offense and defense. Offense is striving for your goal of a pure heart. Defense is protecting that pure heart.

12. Treat others, especially those you date, the way you would want your future spouse, your brother or sister, or even your own future children to be treated.

### **Chapter 6 – To Use or Not to Use? That is the Question: The Opposite of Love**

1. The ancient Greeks had 4 different words for love. We have 1. This is probably one of the reasons so many people today are confused about what love is.
2. VOCAB Love: St. Thomas Aquinas said love is, “*Willing the good of the other*” (in other words, choosing what is best for someone else regardless of how good it makes you feel)
3. Pornography
  - a. VOCAB Pornography: Printed or visual material that contains explicit descriptions or images for the purpose of arousing lust.
  - b. “The problem with pornography is not that it shows too *much*, but that it shows too *little*.” St. John Paul II
4. Modesty is not about looking as ugly as possible. It’s about showing one’s true beauty and helping those around you to see and love you like you deserve to be seen and loved.
5. Staying Pure
  - a. Always ask yourself, “WWJD?” and “WWJT?”
  - b. Get to Reconciliation whenever you fail at being pure and don’t lose hope.
  - c. Have accountability partners.
  - d. Remember: The purpose of dating is to find a spouse.
  - e. Strive to arrive at your wedding day with no regrets.

### **Chapter 7 – Vocations**

1. VOCAB Vocation: A call from God to live a specific kind of life for the Church.
2. Your vocation is not the same as your career or profession, though sometimes they overlap.
3. Vocation #1: Holiness. It’s not just for priests and nuns – ALL people are called to be saints!
4. Vocation #2:
  - a. Husband or wife
  - b. Single person
  - c. Religious brother or sister
  - d. Priest or deacon
5. VOCAB Discernment: Actively seeking to discover the vocation God has for you.