

THEOLOGY OF THE BODY

CLASS NOTES – CH. 1

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