

THEOLOGY OF THE BODY

CLASS NOTES – CH. 3

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
 - i. The more truly ourselves we are the happier we will be