

# THEOLOGY OF THE BODY

## CLASS NOTES – CH. 5

### 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.