



Wednesday, February 4, 2009

- 6:30 PM Grace and FEAST!
- 7:00 PM Praise and Worship: Blessed Be Your Name, Prince of Peace, Marvelous Light, You never Let Go, and Revelation Song
- 7:30 PM Move to Francis Claire  
Theology of the Body
- Opening prayer
  - Word of the week: shhh it's a surprise!
  - The desire for the spousal, one-flesh union is holy and put there by God.
  - What is the Theology of the Body? How is the body a theology?
  - TOB answers our deepest questions into our origin, history, and destiny.
- True, Authentic Christian Freedom
- Statistics
  - What is Freedom?
  - "Freedom is the ability to desire and choose good. It means accepting the responsibilities of authentic love."
  - We, who walk in the Spirit are free from the Law.
  - What was the original sin of Adam and Eve?
- 8:00 PM Break into two small groups(one guys and one girls) to develop a short skit for the group. The skit should present one case of mis-understood freedom and one case of true, authentic Christian Freedom.
- 8:15 PM Come back to present skits
- 8:30 PM Close in prayer and make announcements

**ANNOUNCEMENTS:**

- Youth 2000 Retreat this weekend! Get your money and forms to Chris
- Teen ACTS: March 12<sup>th</sup>-15<sup>th</sup>
- Abby Youth Fest: March 21<sup>st</sup>



## TEACHING OUTLINE

### I. Theology of the Body

#### A. Word of the week: Sex

1. Sex is first a noun, not a verb. It's who you are, not something you do
2. The whole history of the human race is determined by our sexual relationships
3. The desire for sexual union is good. God put it there. However it is important that this desire be directed towards your spouse or future spouse.
4. Read **Gen 2:21-25 & Gen 1:27-28**.

#### B. Introduction to Pope JPII's Theology of the Body

1. What is TOB?  
Pope John Paul II devoted the first major teaching project of his pontificate – 129 short talks between September of 1979 and November of 1984 – to providing a profoundly beautiful vision of the human body, sex, and marriage.

This is what the union of the sexes is meant to proclaim and foreshadow – the eternal union of Christ and the Church. As St. Paul says, quoting from Genesis, “‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.’ This is a great mystery, and I mean in reference to Christ and the church” (Eph 5:31-32).

2. How is the body a theology?
  - Flashback to last year: Do you remember what a sacrament is?
  - A sacrament is an efficacious, perceptible sign of grace, instituted by Christ and entrusted to the Church, so that we may grow in holiness.
  - The body is a sacrament!
3. Topics covered by the Theology of the body:
  - Studying JPII's TOB will help us to answer the deepest question of who we are called to be as men and women.
  - Our origin, history, and destiny
  - Celibacy for the Kingdom
  - Christian Marriage
  - Sexual Morality and Procreation
  - Love and Fruitfulness



## II. True, Authentic Christian Freedom

### A. Key Statistics:

1. For every 12 dollars spent on promoting “safe sex”, only 1 dollar is spent on abstinence programs.
2. The US has the highest divorce rate in the western world.
3. The single most defining characteristic of poverty in the world is single motherhood.
  - 10% of all and 40% poor households are headed up by women
4. You will be less likely to go through a divorce if:
  - You have an annual income of over \$50,000 (30%).
  - You wait to marry until you’re over 25 years of age (24%).
  - Your parents are happily married (14%).
  - You have strong religious beliefs (14%).
  - You’ve attended college (13%).
5. Teenage boys who are sexually active are more than twice as likely to be depressed as those who are not. Sexually active teenage girls are over 3 times as likely to be depressed.

### B. What is freedom?

1. You may have heard:
  - “I can do whatever I want, with whomever I want, whenever I want, as often as I want, ... “
  - “Freedom means never having to say no. You’re entitled to this; you *deserve* this.”
  - “The decisions that I make now really don’t affect anyone else”
  - “You can’t tell me what I can and can’t do with my body. I’m free!”
2. Read **1Cor 6:12-20**.
3. “Freedom is the ability to desire and choose good. It means accepting the responsibilities of authentic love.”
4. Read **Gal 5:13-18**
  - If we walk with the spirit in love and service we do not need the law. Do we need a law to tell us not to kill our best friend?
  - Do not give into temptation. Is an alcoholic really free if he can’t say no to his next drink?
  - It is Christ who reveals the truth of our identity to us and sets us free so that we might choose Him, choose life, and have it to the full. Read **John10:10**.
5. Going back to Adam and Eve, what was the original sin? A gross, misunderstanding of their individual freedoms.

## III. Resources for more:

1. Theology of the Body for Teens by Jason and Crystalina Evert and Brian Butler
2. Pure Love by Jason Evert
3. Theology of the Body for Beginners by Christopher West
4. Christian Courtship in an Oversexed World: A Guide for Catholics by Fr. Thomas Morrow
5. Resources for more: