



HEARTS TRANSFORMED

LEARNING MODULE # 10

A Heart for Men and Women

Theology of the Body

- ◆ **Daily Step 1:** 10-20 minutes daily doing *Lectio Divina* (slow, prayerful, reflective reading) with the following material.
- ◆ **Daily Step 2:** At least 10 minutes practicing daily with the new *handout Jesus with Every Breath: A Daily Practice for Contemplation.*

- **Day 1: Incarnation...Making the Invisible, Visible**

Assignment: Prayerfully read CCC 476-478 and Jn 1:14-18; 14:9, Col 1:5; 2:9

“Through the fact that the Word of God became flesh, the body entered theology...through the main door.”
St. John Paul II (Theology of the Body...AKA ‘TOB’ 23:4)

“The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the divine. It has been created to transfer into the visible reality of the world the mystery hidden from eternity in God, and thus to be a sign of it” (TOB 19:4).

- **Day 2: Theology of “Our Bodies?”**

Assignment: Prayerfully read CCC 356, 1146, 1015 and Genesis 1:27

Man “is a person in the unity of his body and his spirit. The body can never be reduced to mere matter: it is a spiritualized body, just as man’s spirit is so closely united to the body that he can be described as an *embodied spirit.*”
JP II (Letter to Families 19)

- **Day 3: The Gospel of the Body...Communion**

Assignment: Prayerfully read CCC 1602-1605 and Genesis 2:18-24

The “core of the Gospel, is the proclamation of a living God who is close to us, who calls us to profound communion with himself...It is the affirmation of the inseparable connection between the person, his life and his bodily-ness. It is the presentation of human life, as a life of relationship...The meaning of life is found in giving and receiving love, and in this light human sexuality and procreation reach their true and full significance.”
JP II (The Gospel of Life 81)

- **Day 4: The Spousal Analogy**

Assignment: Prayerfully read CCC 221, Hosea 2:19, Isaiah 62:5, & Eph 5:31,32

“The Church cannot therefore be understood...unless we keep in mind the ‘great mystery’...expressed in the ‘one flesh’ union of marriage and the family.”
JP II (Letter to Families 19)

God’s mystery “remains transcendent with respect to [the spousal] analogy as with respect to any other analogy, with which we try to express it in human language” (TOB 95b:1). At the same time, however, there “is no other human reality which corresponds more, humanly speaking, to that divine mystery.”

- **Day 5: “...but from the beginning it was not so”**

Assignment: Prayerfully read CCC 359,360 and Matthew 19:8

The “first man and the first woman must constitute...the model...for all men and women who in any period unite with each other so intimately that they are ‘one flesh” (TOB 10:3).

- **Day 6: Original Solitude**

Assignment: Prayerfully read CCC 371 and Genesis 2:18

“Basing himself on the experience of his own body, the man...could have reached the conclusion that he is substantially similar to the [animals].” Instead, he “reached the conviction that he was ‘alone” (TOB 6:3).

- **Day 7: Original Unity**

Assignment: Prayerfully read CCC 372 and Genesis 2:24

We “can deduce that man became the IMAGE OF GOD not only through his own humanity, but also through the COMMUNION OF PERSONS, which man and woman form from the very *beginning*.” In other words, man “becomes an IMAGE OF GOD not so much in the moment of SOLITUDE as in the moment of COMMUNION...On all this, right from the beginning, the blessing of fruitfulness descended” (TOB 9:3).

- **Day 8: Original Nakedness**

Assignment: Prayerfully read CCC 2331, 2332, and Genesis 2:25

Nakedness reveals the spousal meaning of the body which is the body’s “power to express love: precisely that love in which the human person becomes a gift and – through this gift – fulfills the very meaning of his being and existence” (TOB 15:1).

“The fact that ‘they did not feel shame’ means that the woman was not an ‘object’ for the man, nor he for her” (TOB 19:1). They “see and know each other, in fact, with all the peace of the interior gaze” (TOB 13:1).

Original nakedness demonstrates that “holiness has entered the visible world.” Holiness is what “permits man to express himself deeply with his own body...precisely through the ‘sincere gift of self.” It is “in his body as man or woman [that] man feels he is a subject of holiness” (TOB 19:5).

- **Day 9: Fallen...Lust and Shame**

Assignment: Prayerfully read CCC 2351-2359 and Genesis 3:7,10

Shame enters when man “realizes for the first time that his body has ceased drawing on the power of the spirit, which raised him to the level of image of God” (TOB 28:2).

Shame also has a positive function as “a natural form of self-defence for the person against the danger of descending or being pushed into the position of an object for sexual use.” JP II (Love and Responsibility 182)

- **Day 10: Christ Came with POWER to Save Us**

Assignment: Prayerfully read CCC 2336-2345 and Matthew 5:27, 28

“The words spoken by Christ in the Sermon on the Mount have certainly this universal and at the same time profound significance. Only in this way can they be understood in the mouth of him who knew thoroughly "what was in man," and who, at the same time, bore within him the mystery of the "redemption of the body," as St. Paul puts it. **Are we to fear the severity of these words, or RATHER have confidence in their salvific content, in their power?**” (TOB 43:7b)

- **Day 11: Freedom in the SPIRIT**

Assignment: Prayerfully read CCC 1968, 2764, 1770 and Galatians 5:16-25

“Christian ethos (our inner world of values) is characterized by a transformation of the human person’s conscience and attitudes...such as to express and realize the value of the body and sex according to the Creator’s original plan” (TOB 45:3).

“Purity is the glory of the human body before God. It is the glory of God in the human body, though which masculinity and femininity are manifested” (TOB 57:3).

- **Day 12: The Resurrection of the BODY (Marriage of the Lamb: Rev 19:7-9)**

Assignment: Prayerfully read CCC 996, and Matthew 22:30, 1 Cor 13:12

“Marriage and procreation do not definitively determine the original and fundamental meaning of being...a body, male and female. Marriage and procreation only give concrete reality to that meaning in the dimensions of history” (TOB 69:4).

“The Word became flesh to make us ‘partakers of the divine nature.’ ‘For the Son of God became man so that we might become God’” (CCC 460).

Divinization means “participation in the inner life of God himself.” In this state “penetration and permeation of what is essentially human by what is essentially divine will then reach its peak.” Those who are united with Christ eternally will experience “God’s self-communication in his very divinity, not only to the soul, but to the whole of [their] psychosomatic subjectivity [soul-body personhood]” (TOB 67:3)

In “the resurrection, we discover – in [a heavenly] perspective – the same...’spousal’ meaning of the body...in the encounter with the mystery of the living God...face-to-face” (TOB 67:5).

“In the joys of their love [God gives spouses] here on earth a foretaste of the wedding feast of the Lamb.”
(CCC 1642)

The Church “longs to be united with Christ, her Bridegroom, in the glory of heaven” where she “will rejoice one day with [her] Beloved, in a happiness and rapture that can never end” (CCC 1821).

“The entire Christian life bears the mark of the spousal love of Christ and the Church. Already Baptism...is a nuptial mystery; it is so to speak the nuptial bath which precedes the wedding feast, the Eucharist” (CCC 1617)

See also:

Holy Images CCC 1159-1162

www.theologyofthebody.net (one free Christopher West Talk, then subscription)

www.theologyofthebody.com (resources for purchase in light of TOB)

<http://corproject.com/> (Christopher West TOB outreach, some free)

<http://tobinternationalsymposia.com/?p=355> (Dr. Mary Healy, and other symposium speakers...free)

<http://tobinstitute.org/resources/helpful-links/> (training in TOB)

<https://www.ewtn.com/library/PAPALDOC/JP2TBIND.HTM> (transcript of 129 talks in full)