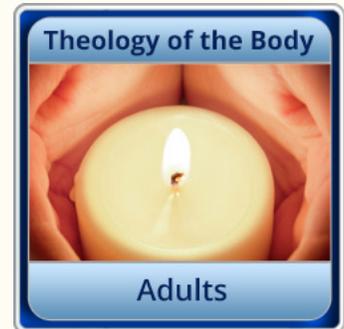




TOB in Touch

TOB in Touch with Adults

- L1 - Foundation of the Theology of the Body
- L2 - The Language of the Body
- L3 - Gift verses Use
- L4 - Who She Will Be For Him and He For Her
- L5 - The Communion of Persons
- L6 - The Bishops' Directive



Lesson 1 – Foundation of the Theology of the Body

- What is meant by the term “language of the body”
- The definition and origin of the Theology of the Body
- How sin ruptures the integral bond between body and soul
- That holiness is having a pure heart and bodily actions following

Lesson 2 – The Language of the Body

- How sin ruptures the integral bond between body and soul
- That holiness is having a pure heart and bodily actions following
- Sin does not only damage one’s relationship with God and others; it hurts the sinner
- Drawing closer to Jesus and the Church brings healing, hope, and joy

Lesson 3 – Gift Verses Use

- The importance of silence and solitude before God to find ourselves
- How the body speaks of receptivity before God

- The significance of the #7 in regards to the human face
- Trusting in God, even in times of darkness
- How to help teens discern their own identities
- The importance of being formed by the Church, parents, teachers
- That the meaning of life is the total gift of self in a spirit of love
- That the opposite of love is “use”

Lesson 4 – Who She will be For Him and He for Her

- The language of the male body: “rough, tough, and buff” which says to protect and provide.
- The language of the female body: “hiding and inviting” which says be mysterious, welcoming, nurturing.
- Why we shouldn’t tell lies with our bodies, in any arena, not just regarding sexuality.
- That sexuality is God-given. Therefore, it is a gift. But the context of sexuality is key.
- The first way the body reveals the divine is in that all humans know they are meant to be gifts—we know this through our bodies (arms to hug, lips to kiss loved ones, ears to hear another, eyes to look to show we care)

Lesson 5 – The Communion of Persons

- The four principles of married love in the groundbreaking encyclical *Humanae Vitae*: free, full, faithful, and fruitful
- The goodness of sexual desire
- The defining features of the communion of persons

Lesson 6 – The Bishop’s Directive

- Explore the practical guidance given by the Pontifical Council on the Family in the pastoral document *The Truth and Meaning of Human Sexuality*.
- Explain that sexuality is God-given. Therefore, it is a gift. But the context of acting upon one’s sexuality is key.
- Provide guidance for teaching the Theology of the Body to teens with prudence, delicacy and clarity.