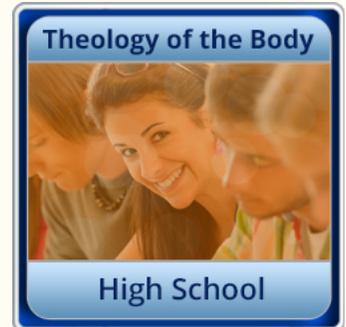




TOB in Touch

TOB in Touch with High School Students

- L1 - Foundational Concepts - The Body Has Meaning
- L2 - The Language of the Male Body
- L3 - The Language of the Female Body
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Lesson 1 – Foundational Concepts – The Body has Meaning

- Begin seeing the amazing gift that Pope John Paul II gave to the Church: his Theology of the Body
- Review the basic, foundational concepts taught in TOB in Touch with Middle School Students
- See that the body is like a teacher, helping us to understand the truth of the body
- Know that the human body is made in a certain way, and if we submit to its objective truth, we will know joy, peace, and love
- Realize that living according to the true meaning of the body gives us freedom
- Understand that one can (but shouldn't) violate the language of the body
- Know that holiness is body and soul together: having a pure heart (well-formed conscience or pure soul) and bodily actions following
- See that sin is “splitting” of body from soul
- Realize that the body tells us we are meant to be gifts because we have arms to hug, hands to help, eyes to look to show we care—the body shows us we are gifts
- Know that the meaning of life is the gift of self through the body, a code word for LOVE
- Understand that the opposite of love—the gift of self via the body—is use
- Comprehend that the Theology of the Body is a broad teaching that includes, but is not limited to, the area of sexuality

Lesson 2 – The Language of the Male Body

- Remember that the visible points to the invisible and apply this to the language of the male body.
- See that the language of the male body is based on the outer feature of strength.
- Know that the main message of the outer strength of the male body is to protect and provide.
- Understand that Jesus is the best example of protecting and providing—Jesus laid down His life for us—He sacrificed and served, shedding His Flesh and Blood. He was truly a Man who lived out the language of His male body.

Lesson 3 – The Language of the Female Body

- Remember that the visible points to the invisible and apply this to the language of the female body.
- See that the language of the female body is based on the outer feature of beauty.
- Know that the main message of the outer beauty of the female body is to attract to the good, be mysterious, and be welcoming.
- Understand that Mary is the best example of attracting to the good, being mysterious, and being welcoming—Mary has external beauty, which is to attract us to her mysterious, internal beauty. She, like the Church, welcomes us at all times, inviting us to partake in the truth, goodness, and beauty of life, and ultimately, of God.

Lesson 4 – The Language of the Body of Attraction

- Understand that sexual desire is God-given as a bodily signal to remind us to love, and at the same time remember that, especially in the area of sexuality, we should not USE others, the opposite of love.
- See how the male body and female body are geared toward each other, showing God’s design, His message being: “You are meant to be in a family.”
- Realize that no one “lives in a vacuum”—we are influenced by others. We can either listen to media messages or allow parents and the Church to help us to see the truth about the body.
- Know that certain bodily actions mean certain things, like sexual intimacy means, “I am married to you and want to be a parent with you.”
- Acknowledge that guys should especially live according to the language of their body in the area of sexuality by protecting a girl’s purity.
- Acknowledge that girls should especially live according to the language of their body in the area of sexuality by attracting and welcoming to the good and by being modest (properly mysterious).

- See that waiting until marriage is not prudish but being honest with one's body; living according to the language of the body will bring true love and joy.
- Know that Jesus and His Church want to heal and forgive anyone who sins in any area. Confession heals rupture and strengthens one to live according to the body's meaning of love for union.

Lesson 5 – The Body as A Sacrament

- Realize that Adam and Eve saw each other with deep reverence before the Fall which is the way we should see each and every person.
- Understand what it means to say that the body is like a sacrament (not an actual sacrament, but like a sacrament).
- Be aware that living according to the language of the body begins with proper sight—seeing reality fully, not partially.
- Remember that the opposite of love is use, and the door to use is open when persons are “objectified;” that is, they are seen as objects, not as persons.
- Comprehend that viewing others with reverence and living according to that “interior gaze” opens the way for true, lasting love, not only in the sexual realm, but in all relationships.
- See that having a “sacramental sight” ensures that sexual love is a holy expression of the “one flesh union” of the Husband-Wife relationship.
- Realize that the context of sexual love affects not only the individuals involved but the family, the Church, and all of society.

Lesson 6 – Free, Full, Faithful, Fruitful

- Realize that marriage vows encompass loving with the “4 F’s”: Free, full, faithful, and fruitful.
- Know that we can start living the 4 F’s now to prepare for one’s vocation.
- See that living a virtuous life (and rejecting vice) is preparation for the future.
- Remember what a sacrament is and apply it to baptism and marriage.
- Understand at a much deeper level the significance of marriage as a sacrament.

Lesson 7 – The Language of the Body, Priesthood and Consecrated Life

- Realize that priestly and/or consecrated vows encompass loving with the “4 F’s”: free, full faithful, and fruitful, but according to their state of life.
- Know that we can start living the 4 F’s now to prepare for one’s vocation.
- See that chastity is for everyone.
- See that celibacy is for those who are called in a special way to be a priest/consecrated.
- Understand at a much deeper level the significance of the priesthood as a sacrament.
- Understand at a much deeper level the significance of the consecrated life.
- See the relationship of priesthood/consecrated life is to what Christianity is all about.

Lesson 8 – This is my Body, GIVEN!

- Review all previous concepts.
- Remember that the body “speaks” a universal language.
- Recall that we can live the “language of the body in truth” or “falsify the sign” regarding the language of the body by telling lies with the body.
- Remember the connection of holiness to the body.
- Understand that loving Jesus must include loving the one He loves: His spouse, the Church.
- Have firmly set in his/her imagination (way of viewing reality) the deep significance of the body.
- Recall that body “teaches” the meaning of life—Love! The gift of self, body and soul together.
- Realize that the Theology of the Body is about UNION, a person’s union with God and with others.
- See that the most important words of the entire universe are “This is my Body...GIVEN!”