

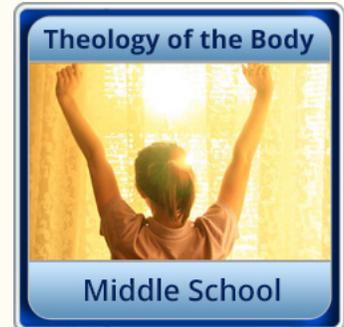
Theology of the Body in Touch - Middle School series



TOB in Touch

TOB in Touch with Middle School Students

- L1 - Foundations to Theology of the Body
- L2 - The Truth of the Language of the Body
- L3 - Living by the Language of the Body
- L4 - Union Within Ourselves and With Others
- L5 - Closed to Bad; Open to Good
- L6 - Silent and Open to the Eucharist
- L7 - Made in God's Image
- L8 - Go Live the Theology of the Body!



Lesson 1 – Foundations to Theology of the Body

- Know that the Theology of the Body was given to us by Pope John Paul II and it leads us to light and life
- Start to understand the term, “the language of the body”
- See that the “language of the body” has 2 aspects to it
- The individual person’s body is like a sacrament, and so with the “language of his or her body,” one can convey one’s inner self
- There are universal expressions of the body that are undeniably true which transcend (go above) culture and time (e.g. the smile, punching someone, greeting someone, a kiss)

Lesson 2 – The Truth of the Language of the Body

- See deeply that certain bodily actions have a particular meaning, no matter what culture or what time period
- Know we can (but shouldn’t) violate—or tell LIES—with the language of our bodies
- Understand that we will be happy when we live according to the language of the body

Lesson 3 – Living by the Language of the Body

- Review the term, “the language of the body”
- Discuss how holiness can be lived in our daily lives
- Realize that living according to the language of the body is holiness; going against the language of the body is sin
- Understand that sin is “splitting” one’s bodily actions from one’s pure heart
- See the effects of sin on ourselves
- Understand that one way of being pro-life is working on holiness, body and soul together
- Comprehend the teachings about Mother Mary’s sinlessness and Assumption from a Theology of the Body perspective
- Understand that Judas committed the worse violation of the language of the body in all of history

Lesson 4 – Union Within Ourselves and With Others

- Know that sin doesn’t hurt just our relationship with God and with others; sin also hurts the person sinning.
- See that Theology of the Body is about union and sin breaks that bond.
- Understand that Confession is the normal way to heal the rupture caused by sin.
- Realize that the union of heaven is meant to begin on Earth.
- Know that happiness is the result of holiness.
- Know how to develop a well-formed conscience.

Lesson 5 – Closed to Bad; Open to Good

- See why the number 7 is holy.
- Recognize what receptivity (openness) means in relationship to the language of the body.
- Comprehend how we should envision God—not as a tyrant but worthy of trust.
- Understand the importance of waiting on God.
- Learn waiting on God can be painful.

- Hear the importance of remaining open to God even when life throws you down.
- See that we all face problems that can cause us to question God.
- Know that society often tries to give us messages that will kill us by pretending the message is good.
- Know what messages should be listened to.

Lesson 6 – Silent and Open to the Eucharist

- Understand that “faith demands silence”
- See that the language of the body of our ears for listening lets us know that we should not always be plugged in
- Comprehend the necessity of developing an inner sensitivity of listening to God with our hearts
- Know that God’s greatest communication to us is in the Son of God becoming human, which entails having a body
- Understand that Jesus is truly present in the Eucharist
- See that receiving Jesus in Holy Communion is the closest we can be with God on earth
- Know that Christianity is about union with Christ and other

Lesson 7 – Made in God’s Image

- Know how the Language of the Body reveals God.
- Discover that the body tells us the meaning of life: a gift of self.
- Realize that God is an eternal friendship and an eternal family.
- Seek to understand how loving family members and choosing good friends reflect God’s inner life of love.

Lesson 8 – Go Live the Theology of the Body

- Know that the opposite of loving someone is using them.
- See examples of use acted out to help them apply the concept to their own lives.
- Learn that life is not just about me.
- Understand that living out the language of the body brings happiness.
- Realize that the Theology of the Body really is a great gift to us from Pope John Paul II.