

“THE PHYSICAL MAKES VISIBLE THE INVISIBLE.”

“MALE AND FEMALE HE CREATED THEM.”

“THE GLORY OF GOD IS MAN FULLY ALIVE.”



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theology of the body

BURNING HEARTS

RESOURCE GUIDE: Theology of the Body

Dear Learner,

Theology is a word that often intimidates us. It seems like something reserved for professors and priests.

The word “theology” literally means “the study of God.” Since God calls all his children to know, love and serve him, studying theology is something he calls of us to do. This is particularly true of St. John Paul II’s theology of the body — the study of the meaning and purpose of the human person and what we reveal about the One in whose image we were made.

Our prayer is that this Resource Guide will help you to grow in understanding and appreciation of St. John Paul II’s beautiful teaching on the Theology of the Body.

If you have questions, concerns, or find that the resources here aren’t exactly what you need, please don’t hesitate to contact us.

Kristin Bird
Executive Director
Burning Hearts Disciples

WHAT IS...



THEOLOGY OF THE BODY?



The Theology of the Body was the topic of 129 talks given by Saint John Paul II during his Wednesday addresses between September 1979 and November 1984.

The word *theology* comes from the Greek root words *theos* (God) and *logia* (word). Theology, then is literally a “word about God.” St. John Paul II’s Theology of the Body, then, can be described as a word about God and the body.

An Adequate Anthropology

St. John Paul II said that in developing these addresses he was trying to provide people with an “adequate anthropology.” What does that mean?

The Theology of the Body came out of St. John Paul II’s extensive study of humanity and philosophy. He witnessed and experienced the horrors of Nazi communism first hand in Poland during World War II. He studied philosophy extensively and found that modern philosophical thought was missing something. The world was losing an appreciation for the interconnectedness between God and man, the world and the Divine, the body and the soul.

The meaning of human life, the definition of healthy relationships, and authentic Christian identity were being lost amid a culture that valued physical comfort and power. When Pope John Paul II said he wanted to provide people “adequate anthropology” he meant he wanted to present good answers to those questions.

Nuts & Bolts

At its core, the Theology of the Body helps us to answer two major questions:

- ▶ *Who is God?*
- ▶ *Who Am I?*

St. John Paul II examines the creation of man and woman in Genesis, Jesus’ words in the Gospels, and other Scripture texts to help answer these big questions. The answers to those questions in the Theology of the Body then provide us a lens through which we can view all other aspects of our lives: our relationships, our worship, our morality, even our culture.

Guiding Points

When answering those two questions, St. John Paul II reminds us:

- ▶ God created humanity in His image (Gen 1:26)
- ▶ God created humanity male and female (Gen 1:26).
- ▶ God created humanity with body and soul (Gen 2:7).
- ▶ God saw that humanity—male and female, body and soul—was “very good” (Gen 1:31).

As he examines and explains the Scripture texts, St. John Paul II helps us to see how God reveals Himself to us through the physical world—including and especially through our bodies.

More than “Catholic Sex”

If you have any familiarity with the Theology of the Body at all, it is most likely through Catholic sexual morality. Natural Family Planning advocates, marriage preparation programs, and chastity speakers were among the first to embrace this profound and rich teaching. It’s true that the Theology of the Body addresses sexual morality issues like pre and extra marital sex, contraception, the definition of marriage, masturbation, and pornography.

It’s also true that the Theology of the Body is about so much more than sex. Today, more and more Catholic theologians, teachers, speakers, and writers are embracing the many different applications of St. John Paul II’s “adequate anthropology.”

Nothing New

One of the beautiful things about the Theology of the Body is that it’s as old as creation itself.

“What is new is the delivery system — the language, structure and approach that gets the Church’s sacramental worldview into the minds of men and women raised in a sexually crazed and morally confused world. Which is why that delivery system is meant to be studied by accountants, lawyers and the guys working the line at the Subaru plant in Lafayette, Ind. It’s theology for everyone who needs its. And we all need it.”

Emily Stimpson, author

Notable Quotes

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.

Theology of the Body 9:3

[Holiness] enables man to express himself deeply with his own body precisely by means of the sincere gift of himself.

Theology of the Body 19:6

The sacraments infuse holiness into the terrain of mans’ humanity: they penetrate the soul and body, the femininity and masculinity of the personal subject, with the power of holiness.

Theology of the Body 117:2

For Your Life

The Theology of the Body covers a vast amount of scripture and doctrine. It has the reputation of being something that explains the marital sexual relationship, and it does that very well; however, there are applications of the Theology of the Body that touch on every aspect of your life including:

Moral Life

- ▶ Pornography
- ▶ Embryonic Stem Cell Research
- ▶ Medical Ethics
- ▶ Right Relationships

Home Life

- ▶ Eating and Preparing Food
- ▶ Digitalization of Leisure
- ▶ Exercise
- ▶ Modest Dress
- ▶ Parenting

Church Life

- ▶ Male Priesthood
- ▶ Celibacy
- ▶ Rituals & Sacraments
- ▶ Prayer
- ▶ The Value of Suffering

Love Life

- ▶ Manners
- ▶ Chivalry
- ▶ Divorce
- ▶ Same Sex Marriage
- ▶ Contraception

Work Life

- ▶ The Dignity of Work
- ▶ Workplace Ethics
- ▶ Boredom at Work
- ▶ Working at Home

Cultural Life

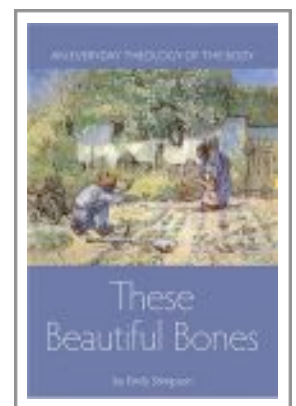
- ▶ Art
- ▶ Music
- ▶ Beauty & Fashion
- ▶ Technology

Recommended Reading

These Beautiful Bones: An Everyday Theology of the Body by Emily Stimpson

The theology of the body is a theology for the rooms where we make love. But it’s also a theology for the rooms where we work, where we eat, where we laugh, and where we pray.

These Beautiful Bones takes you on a walk through those rooms. With both humor and practical wisdom, it sheds light on what the theology of the body has to say about life beyond the bedroom—about the everyday moments that make up a life—helping you discover how to let grace enter into those moments and make of them something extraordinary.



Theology of the Body for Children

by Kristin Bird

The Theology of the Body text is philosophical and heady. It can be difficult for many adults to grasp, let alone children. There are some great resources that help distill this teaching at various levels including beginners, adults, teens, and even middle school aged children (see page 7 for some great family resources).

But what about younger children? How do we raise our children to view their world through the sacramental lens of the Theology of the Body when the themes and format of the text itself are not age appropriate?

Big Picture

Remember, the Theology of the Body doesn't stand apart from the rest of our Catholic life. If you teach your child about the dignity of human life, the beauty of all creation, the mystery and goodness of the body, how we are to treat others with respect and love, and how we are created male and female, you will prepare them to understand the Church's teachings on more specific issues (like sexuality) when they are ready.

Present the Bible as the love story between God and his people. Affirm your child's questions about faith by telling them that their questions reveal our desire to understand God and his loving plan for us. Avoid discussing morality exclusively in terms of rules and punishments. Instead, present moral teachings as a guide that help us understand what it means to be truly loving to ourselves and others.

Body Language

One of the key points St. John Paul II makes in the Theology of the Body that children can easily grasp is that our body speaks a language. Start by pointing out to your children how their bodies speak (when they roll their eyes, give a hug, or hit a sibling).

Explain that God created our bodies as a way to show His love. Anytime we speak a different, non-loving message with our actions, we lie with our bodies.

Choose Words Carefully

Think about the way you speak to your children about their bodies. Using the correct terminology for their body parts and bodily functions, can help children appropriately respect and honor the body. Cutesy baby words and immature nicknames often reinforce the idea that the body is somehow less than important or valued.

It is also important to be cautious of overly negative descriptions of normal bodily functions (bowel movements, gas, urination, menstruation, etc). Overused, this language can introduce and reinforce for children that way God created the body to work is somehow bad.

Use the Physical World

In the Theology of the Body, St. John Paul II tells us that the physical (our bodies, creation, etc) makes visible the invisible (God's presence and love). Help your children practice seeing the visible examples of God that are made visible by the physical world. At Mass, point out that Jesus' invisible presence is made visible to us in the physical bread and wine at consecration. When reading the Bible, point out that God used the rainbow (physical) to make visible his invisible promise (to never again flood the world).

Be An Example

Continue to grow in your own understanding and appreciation of the teachings of the Theology of the Body. Be honest and open (at age appropriate levels) about how you work to live the virtue of chastity within your current state in life.

Be extravagantly generous (and expects extravagant generosity in return) to your spouse, children, and friends—especially with intangible things like acts of service, words of affection, and physical affection. Keep yourself and your family rooted in communal and individual prayer.

“TRAIN UP A CHILD IN THE WAY HE SHOULD GO”



“HAPPINESS IS BEING ROOTED IN LOVE.”

THEOLOGY OF THE BODY RESOURCES



The word “theology” literally means “the study of God.” Since God calls all his children to *know*, love and serve him, studying theology is something he calls of us to do. This is particularly true of the theology of the body — the study of the meaning and purpose of the human person and what we reveal about the One in whose image we were made. The Theology of the Body covers a vast amount of scripture and information. The resources below may help you to grow in understanding and appreciation of what some have called St. John Paul II’s greatest contribution to the Church.

Video Resources

Theology of the Body for Women (DVD)

OFWC Media

The Theology of the Body for Women is a collection of four talks by Christopher West, Katrina Zeno, Mary Beth Bonacci, and Sr. Renee Mirkes, respectively. Each speaker addresses how the Theology of the Body applies specifically to women.

Theology of the Body Made Simple (Online)

www.pauline.org/Resources/Online-Programs-and-Guides/Theology-of-the-Body

This series of online videos serves as a simple introduction to the basic premise of the Theology of the Body. The videos explain how our bodies are symbolic, free, meant for love, and redeemed by Christ. They present unambiguous reasons for the Church’s teaching on premarital sex, contraception, homosexuality, pornography, and more.

TOB-TV (Online)

<http://www.ustream.tv/channel/tob-tv>

The Pauline sisters have recorded a series of Theology of the Body presentations that are available online.

Fr. Mike Schmitz (Online)

<http://youtu.be/UvYv6UUt9aE>

What is the Theology of the Body? How were we created in the beginning to relate to others of the opposite sex? What happened to relationships after the fall? Fr. Mike Schmitz answers these questions and more in his engaging and humorous presentation. His unforgettable examples are guaranteed to grab not only the teens’ attention but the adults’ as well!

Audio Resources

Theology of the Body (CD)

by Christopher West Ascension Press

In this talk, "Theology of the Body" expert Christopher West delivers this life-changing message to an enthusiastic Protestant audience. Christopher West discusses: Why we were created male and female; How our bodies reveal God’s Mysteries; Puritanism vs. True Purity; How to truly satisfy our desires, Our origin, our history, and our destiny; How marriage is a sign pointing us to Heaven; and the true meaning of life and how to live it.

Theology of the Body (MP3)

Fr. Brian Mullady www.saintjoe.net/theology-of-the-body/

Fr. Brian Mullady, O.P. explains Blessed Pope John Paul II's Theology of the Body and its depth as an authentic teaching of the Catholic Church. In this series, Fr. Mullady clearly explains how the correct understanding of the theology of the body must be seen in the light of our fallen nature and why Theology of the Body will strengthen your marriage and your understanding of the sacrament of marriage.

Theology of the Body Congress Talks (CD & MP3)

Ascension Press www.ascensionpress.com/t/category/audio-and-mp3/tob-congress-talk

The 2014 TOB Congress, held July 9-11 in Philadelphia, was the most expansive assembly of experts and enthusiasts in the history of this extraordinary teaching. Talks from the Congress available through Ascension Press include:

- ▶ *Theology of the Body and the Way of Beauty: The Art of the New Evangelization by Bill Donaghy*
- ▶ *Theology of the Body in the School of Mary, Our Lady by Mother Olga of the Sacred Heart*
- ▶ *Vatican II, Divine Mercy, and the Theology of the Body by Fr. Michael Gaitley*
- ▶ *Theology of the Old Body by Dr. Janet Smith, and more!*

The Gift of Sexuality (CD)

by Fr. Thomas Loya www.parousiamedia.com/the-gift-of-sexuality.html

Fr. Thomas Loya presents a Catholic vision of human sexuality as he offers an overview of Pope John Paul II's revolutionary Theology of the Body. This profound yet practical talk reveals the true meaning of our bodies in relationship to God and to one another so that we can have a better understanding of sexuality and pure love.



Print Resources

Man and Woman He Created Them: A Theology of the Body

by St. John Paul II

Delivered in series of catechetical addresses, John Paul II himself called this work "The Theology of the Body". This monument of theology presents the mystery of love as it flows from the Trinity, through Christ's spousal relationship with the Church. This same love is realized in human relationships and in a concrete way in the human body.

Men, Women and the Mystery of Love

by Edward Sri

Edward Sri unpacks the Love and Responsibility (St. John Paul II's pre-cursor to the Theology of the Body), making it accessible to all. He helps readers appropriate practical information on such topics as: authentic love; the problem with pornography; the meaning of friendship; how to achieve greater intimacy in marriage; and more. Study questions make this a valuable resource for personal and group study.

Theology of the Body for Beginners: Revised Edition

by Christopher West

Based on the words of Scripture, John Paul II's famous reflection on the body and sex takes us to the root of the modern crisis and chart a path to an authentic sexual liberation. This book takes the rich (and dense) teachings of the late Holy Father and makes them accessible to the average person.

These Beautiful Bones: An Everyday Theology of the Body

by Emily Stimpson

With both humor and practical wisdom, this book sheds light on what the theology of the body has to say about life beyond the bedroom, about the everyday moments of life, helping you discover how to let grace enter into those moments and make of them something extraordinary.

First Comes Love: The Family in the Church and the Trinity

by Scott Hahn

Scott Hahn has the rare ability to explain the essential teachings of Catholicism in a totally accessible manner. Rather than burdening the reader with difficult or arcane references and arguments, he writes of familiar feelings and situations and allows the theology to unfold naturally. In First Comes Love, Hahn turns his attention to the search for a sense of belonging, revealing the intimate connection between the families men and women create on earth and the divine family, the Holy Trinity.

Pamphlet Series: Theology of the Body

by Various Authors (Ascension Press)

Short and packed with solid and concise information these pamphlets address some of the most pressing issues in our culture today in a well-organized and compact size. The series includes:

- ▶ *What's the Problem with Porn by Bill Donaghy Zeno*
- ▶ *The Gift of Your Femininity by Katrina Zeno*
- ▶ *The Power and Purpose of Masculinity by Bill Donaghy Zeno*
- ▶ *The Keys to a More Intimate Marriage by Gregory Popcak*
- ▶ *Created in His Image: Modern Medicine and the Dignity of the Human Person by John M. Travaline MD*
- ▶ *Infertility and Reproductive Technologies: A Guide for Catholics by Steve Bozza*
- ▶ *The Contraception Question by Christopher West, and more!*

@ Web Based Resources

Tabor Life Institute

www.taborlife.org

Dedicated to helping men and women see their bodies and the world with Catholic eyes, the Tabor Life Institute sponsors talks, retreats and multi-media programming that introduce people to the Catholic worldview. Its website also features audio programming, cultural commentary and links to additional theology of the body resources.

Theology of the Body Institute

www.tobinstitute.org

Dedicated to educating both clergy and laypeople, the Theology of the Body Institute offers a wide variety of programming, from parish workshops and retreats to weeklong immersion and certification courses. The website also features a comprehensive directory of Church documents about and related to the theology of the body.

The Rich Gift of Love

<https://www.newmanconnection.com/institute/courses/rich-gift-of-love>

The Rich Gift Of Love: An Insight into JP II's Theology of the Body is an online course through Newman Connection. To whom will I entrust myself? How will I know if another person is worthy of my love? Worthy of my trust? How will I know if I am worthy of another's love and trust? This course explores John Paul II's understanding of love as self-gift, loving through our bodies and doing it in the context of living for our families, our society and our culture.

Group Studies

An Introduction to the Theology of the Body (DVD)

Ascension Press

This eight-part, DVD-based program hosted by Christopher West introduces adults to the core teachings of Pope John Paul's catechesis. Materials include four DVDs, a leader's guide and student workbooks.

The Theology of the Body Sampler (DVD)

OFWC Media

A six-DVD set that can be used in a parish setting to explore how the theology of the body applies to relationships, art, psychology, philosophy, parenting and more. Includes talks by Father Roger Landry, Father Thomas Loya, Philip Mango, Dave Sloan, Christopher West and Katrina Zeno.

Freedom to Love (DVD)

Ascension Press

In this five-part study for young adults, popular author and presenter Christopher West lays out a convincing and refreshing road map to living a life of freedom.

Theology of the Body for Teens (DVD)

Ascension Press

A dynamic faith formation program for teens and pre-teens. Uses a great mix of stories, real-life examples, activities, prayers, and relevant references to the culture. With St. Pope John Paul II's compelling vision for love and life, and a language they understand, this series answers the questions teens and pre-teens have about their own bodies, issues on sexual morality, and how they are uniquely created for greatness. Middle School Edition also available.



Resources for Families

Theology of the Body and Parenting (DVD)

by Lisa Lickona

Mother and international speaker Lisa Lickona explains how Pope John Paul II's Theology of the Body can be a tool for parents whether their children are toddlers or teens. She joins host Father Michael Scanlan, TOR, and panelists Dr. Regis Martin and Dr. Scott Hahn of Franciscan University for this practical discussion on ways to teach the principles of Theology of the Body to children.

Beyond the Birds and Bees: Raising Sexually Whole and Holy Kids (Book)

by Greg and Lisa Popcak

Greg and Lisa Popcak empower you with this comprehensive guide to raising sexually whole and holy children. Using the riches of St. John Paul II's Theology of the Body, the Popcaks help you safely navigate your children from infancy through the teenage years and beyond.

Turning the Titanic: Chastity Formation from Toddlers to Teens (CD/DVD)

by Katrina Zeno OFWC Media

This three-part series equips parents to prepare their children for "the talk" from age 1. Rather than a one-shot attempt, chastity formation is seen as a life-long process of educating children to image God through their sexuality by being a gift. Parents (and grandparents) with children of all ages can benefit from learning how to naturally weave the language of chastity and self-gift into their home and family life.

Theology of His Body / Theology of Her Body (Book)

by Jason Evert

In this book which utilizes a dynamic, flip book design to be two books in one well-known chastity speaker and author Jason Evert unpacks the mystery of what it means to be male and female in light of the Theology of the Body in a language teenagers understand. Teens will learn about the profound realities to which their bodies point and how to live chastely and lovingly towards those of the opposite sex.

Visit www.burningheartdisciples.org for more resources or to submit your favorite resource.
