



THEOLOGY OF THE BODY

DISCOVERING GOD'S PLAN FOR LOVE AND LIFE

REVIEW: IDENTITY AND RELATIONSHIP

- At the core of every person's identity is the fact that we are made by God, created **with a body and soul**
- Our identity is composed of things that are both **given to us** and **chosen by us**
- Our **relationships** are some of the **most important aspects** of our life
- Our **relationship with God** is **the defining relationship** in life

REVIEW: GIFT OF SELF

- In our relationships, we are called to make a **gift of self**
- This is expressed with our **bodies** and our **souls**
- The most intimate gift of self to another is in **marriage**

WHAT IS LOVE?

- Love is a desire seeking some good.
 - Philos: The love of friendship, willing good toward another
 - Eros: Love as emotional attachment or feeling
 - Agape: Love as choice: a decision to unconditionally love the other person

The Ancient Greeks had several words to describe different kinds of love. Three of them are listed above, along with their meanings.

WHAT KIND OF LOVE?

Eros

Agape

What kind of love is more important for a relationship? Here, we leave out philo, which is love of friendship, to focus on the two loves present in any man-woman relationship: Eros and Agape.

WHAT KIND OF LOVE?



On what kind of love is a relationship built? To help us answer this question, let's think about what it means to love. Which picture above shows a couple in love? (Obviously, both). Might the couple on the left be able to express their love better physically than the couple on the right? Probably. But is the couple on the right in deeper love with one another, after so many years of marriage? Probably. This shows that, while the physical part of love matters, it's not the most important- that it is the spiritual part of love, the part built on commitment, that matters most. This is agape love.

LOVE: EROS AND AGAPE

- Love is both **physical and spiritual**: it involves both **body and soul**
- Love is both a result of the **emotion** and a decision of the **will**
- **Eros** plays a role in **drawing** people together, while **agape keeps** them together

Note: *Eros* has a part to play, but it should lead to *agape*, which is a purer love centered not on getting our own pleasure, but on the good of the other.

THE TWO SIDES OF EROS

- Good Eros: The love of emotional attraction develops into an authentic love and care for the other person.
- Bad Eros: Emotional attraction is the main component of the relationship, so that each person uses the other for their own pleasure.



Eros is a little bit like the force: there is a light side and a dark side. Good *eros* is when the initial emotional attraction develops into a love now centered in the other person - *agape*. Love has to have an emotional component, but this needs to continue to grow.

If our love for another person is based more on the fact of how I feel, or how much pleasure they give me, this is bad *eros* – being in love just for the feelings it gives us.

VIRTUES & VICES

Pride

Humility

Envy

Charity

Lust

Chastity

Every sin has an opposed virtue. If we want to be truly good in life, it's not just about avoiding sin, but also seeking to grow in the virtues. On a related note, if we struggle with a particular sin, trying to focus on the opposed virtue can be the best way to overcome it.

THE VIRTUE OF CHASTITY

- Guides us to love in the **correct manner**
- **Respecting our own bodies** and respecting **those of others**
- Using our **actions** to **express the true reality** of our relationships



From the Compendium of the Catechism:

488. What is chastity?

2337-2338

Chastity means the positive integration of sexuality within the person. Sexuality becomes truly human when it is integrated in a correct way into the relationship of one person to another. Chastity is a moral virtue, a gift of God, a grace, and a fruit of the Holy Spirit.

489. What is involved in the virtue of chastity?

2339-2341

The virtue of chastity involves an apprenticeship in self-mastery as an expression of human freedom directed towards self-giving. An integral and continuing formation, which is brought about in stages, is necessary to achieve this goal.

490. What are the means that aid the living of chastity?

2340-2347

There are many means at one's disposal: the grace of God, the help of the sacraments, prayer, self-knowledge, the practice of an asceticism adapted to various situations, the exercise of the moral virtues, especially the virtue of temperance which seeks to have the passions guided by reason.

491. In what way is everyone called to live chastity?

2348-2350

2394

As followers of Christ, the model of all chastity, all the baptised are called to live chastely in keeping with their particular states of life. Some profess virginity or consecrated celibacy which enables them to give themselves to God alone with an undivided heart in a remarkable manner. Others, if they are married live in conjugal chastity, or if unmarried practise chastity in continence.

EXERCISING PERSONAL CHASTITY

- What am I watching on TV and online?
- Is it showing authentic love, or selfish love?
- Do I avoid things that might tempt me to sin?
- Do I make use of the Sacrament of Confession?



These are some questions to reflect on that help us to think about how well we are seeking chastity in life. You don't need to write down your answers, but do take some time to think about how you would answer them.

EXERCISING CHASTITY IN RELATIONSHIPS

- Is our relationship founded on authentic love and respect for each other?
- Are our expressions of love appropriate?
- Are boundaries ever crossed?
- Can I be honest with my parents about my relationship?



Here are some more questions to reflect on that help us to think about how well we are seeking chastity in life.