Theology of the Body: Ten Takeaways

1. Man and woman are made in the image and likeness of the Blessed Trinity. Treat others as God’s image, not as an object (this is lust).

2. Our deepest fulfillment as image and likeness of God is in self-giving love.

3. Our male and female bodies are visible signs of the Blessed Trinity’s self-giving love. This is the spousal meaning of the human body.

4. The language of the body is expressed in reverence for God’s plan for ourselves and for others. Pornography, contraception and expressions of lust are ways in which the language of the body becomes a lie.

5. The sexual union of man and woman is a sacred participation in the Blessed Trinity’s self-giving love. It unites a couple, it is open to new life and is proper to Christian Marriage.

6. God made us for true freedom. Chastity frees us and makes us capable of true self-giving love as single, celibate or married persons.

7. Temperance is the virtue by which we enjoy the good things God gives us, with balance and in accordance with God’s will for us.

8. Jesus came to redeem and restore us to our original innocence and original unity and to remove our shame.

9. In the Sacraments of Reconciliation and Eucharist, Jesus heals, strengthens and nurtures us to live as God’s image and likeness.

10. We are all called to free, total, faithful, fruitful love – each according to our state in life:
- for single persons, in friendship and kindness;
- for celibate persons, through friendship, service and self-giving to others for the sake of the Kingdom;
- for married persons, to help one another and children grow in holiness.

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