

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.