“As I was praying for Poland, I heard the words: 
I bear a special love for Poland, and if she will be obedient to My will, I will exalt her in might and holiness. From her will come forth the spark that will prepare the world for My final coming.”

(Diary of St. Faustina 1732)
Fr. Karol Wojtyla

- From Poland
- Ordained a Catholic priest in 1946
- Wrote *Theology of the Body* from 1974-1978 in front of the Blessed Sacrament
- A reflection on what it means to be human rooted in Sacred Scripture
Pope John Paul II
1978

1979-1984
Delivered *Theology of the Body* as a series of 129 talks at Wednesday Audiences in Rome
From [Poland] will come forth the spark that will prepare the world for My final coming.”

(Diary of St. Faustina 1732)
What is the Theology of the Body?

The Theology of the Body is a rich meditation and reflection of St. John Paul II, rooted in Sacred Scripture and human experience, that focuses on two main questions:

1. What does it mean to be human? (Identity)
2. How can I live my life in a way so as to be truly happy? (vocation)

These two questions focus respectively on identity and vocation. Being and doing. Living and loving.
TOB, Part I

Identity:
What does it mean to be a human person?

Original Man
The Beginning

Historical Man
The Battlefield

Glorified Man
The Beatitude
"If I find Him, I will find myself and if I find my true self I will find him."

- Thomas Merton
“Have you not read that he who made them from the beginning made them male and female [first creation account], and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’ [second creation account]?...'For your hardness of heart Moses allowed you to divorce your wives but from the beginning it was not so.'" (Matthew 19:4-8)
Then God said: ‘Let us make man in our image, after our likeness.’ ...So God created man in his own image; in the image of God he created him; male and female he created them. And God blessed them, and God said to them, ‘Be fruitful and multiply...’” (Gen. 1:26-28).

Who Am I:
#1: You are Made in the Image and likeness of God
Who is God?

“God’s very being is love. By sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son, and Holy Spirit, and he has destined us to share in that exchange." (CCC221)

- God exists as a communion of 3 divine persons- the Father, the Son, and the Holy Spirit
- He is an "eternal exchange of love" - giving and receiving love
- God is Love (1 John 4:8)
- Communion of persons means living....in a relationship of reciprocal gift. (TOB 14:2)
- God is a Free, Sincere, Total, GIFT of self
Who Am I?
#2: You are Chosen

In God's declaration of the goodness of creation ("...behold it is very good") We see God has no other reason for creating than his "love and goodness" (CCC293)

God created man and woman for one reason:
To share in His own life of self-giving love and happiness forever (answer to why are we here) (CCC293)

God initiates his self-gift by creating us in His image and for "our own sakes."

God gives all of creation to us and dominion over it as a free gift.
Who am I?
#3 You (body & soul) are Very Good

After every day of creation "God saw that it was good" but on the day he created Man and Woman in His own image and likeness, "God saw everything that he had made, and behold, it was very good."

(Gen. 1:31)

- We are the crown of creation. The pinnacle. Nothing else in creation was made in the image and likeness of God.

Revealing the inner life of the Trinity- receiving and giving love.
"Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature." (Genesis 2:7)
Man=human being-represents all of man and woman
Who am I?
#3 You (body & soul) are Very Good

- God created our body (dust) AND spirit (God's breath-Spirit of Love, Giver of Life-The Holy Spirit)

- "The unity of soul and body is so profound that one has to consider the soul to be the form of the body...spirit and matter, in man are not two natures united, but rather their union forms a single nature [human nature] CCC365

- Man may not despise his bodily life. Rather he is obliged to regard his body as a good and to hold it in honor since God has created it and will raise it up on the last day" CCC364
Body Language

The body expresses the person and makes visible what is invisible, the spiritual dimension of man (TOB 56, 76)

- the profound unity of your body and soul, your body reveals or makes visible the invisible reality of your spiritual soul – the interior call to be a gift-to love as God loves

What one does in his body reveals his very self, "the living soul." (TOB 61)
- The body reveals the soul-the self

What we do with our bodies matters
- What we do to our bodies, we do to ourselves.
Who Am I?

# 4: You are Made for Communion

Like, Adam (all men and women)

- God gives each of us the gift of life and love and invites us to receive His love and live in communion with Him in his "eternal exchange of love."

- To have a unique, exclusive and unrepeatablable relationship with God himself. (TOB 6:2)

- God does not force. Force is not love. God gives freedom so that we are capable of loving him and one another.

- When we open ourselves to receive His love, overwhelmed by Love and Goodness we can't help but desire to love him in return. To become a self-gift.

- Adam receives this gift and gives himself back to God. (original covenant)
"It is not good that man should be alone...... there was not found a helper fit for him. (Gen. 2:18)

In naming the animals, Adam discovers who he is:
He is radically different from the animals:
- His body expresses the person—the soul—call to communion with God and to be a self-gift to an "other" like himself.
- Nothing else in creation is made in the image and likeness of God.

"Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone. " (CCC387)
- Capable of freely giving and receiving love
- Can choose between good and evil
- Control over passions
...I will make him a helper fit for him Gen. 2:18

A helper comes from the fact of existing as a person 'beside' a person....'for' the person (TOB 9:2)

Alone man does not completely realize who he is (the interior call to be a gift-to love as God loves)

He realizes it only by existing 'with someone' and put even more deeply and completely by exising for someone. (TOB 14:2)

Made in the image of God, Man can only find himself in a sincere gift of self. (GS 24)

We are not created to live in isolation.
"This at last is bone of my bones and flesh of my flesh" (Gen. 2:23)

• Adam falls into a deep sleep with the hope of finding another body-soul person like him.

• When he wakes up, in their nakedness, Adam sees himself and sees the woman created by God and says, At last....

• For the first time, Adam is fascinated and full of joy because

• JPII points out- this at last is a body that expresses the person!
"This is the body: a witness to creation as a fundamental gift, and therefore a witness to Love as the source from which this same giving springs. Masculinity - femininity - (our gender) - is the original sign of [God's] creative donation. (TOB 14:4)

(man's body gives, woman's body receives)

JP II says the body (visible) has the power to express love (invisible): precisely that love in which the human person becomes a gift and through this gift - fullfills the very meaning of his being and existence. (TOB 15:1)

(the spousal meaning of the body - the call to love that God inscribed on our bodies)
Meaning of Life

• The fundamental fact of this existence of man in every stage of his history is that God 'created them male and female'. Therefore, "the spousal meaning of the body...is important and indispensable for knowing who man is and who he ought to be." (TOB 18:4)

• If you are looking for the meaning of life according to JPII, God wanted to make it so clear that he stamped it right in our bodies. In the sexual complementarity of our bodies as male and female- masculinity and femininity.

• Whatever your state of life, the meaning of life is to become a gift to others.

• Who every human being is and ought to be are men and women who love in the image of God.
The spousal meaning of the body is an "indispensable theme" of man's existence. "In fact, in the whole perspective of his own 'history,' man will not fail to confer a spousal meaning on his own body. Even if this meaning does undergo and will undergo many distortions, it will always remain [at] the deepest level...as a sign of the 'image of God' Here we also find the road that goes from the mystery of creation to the 'redemption of the body' (Rom 8) (TOB 15:5)
"The body in fact and only the body, is capable of making visible what is invisible: the spiritual and divine. It has been created to transfer into the visible reality of the world the mystery hidden from eternity in God, and thus to be a sign of it." (TOB 19:4)

The body is the most powerful sign of the divine mystery in all of creation. A sign is something that points us to a reality beyond itself and in some way makes what is transcendent reality present to us. A sign that points us to God is a sacrament. JP II speaks of the body as a sacrament meaning the body is a sign that somehow makes visible the invisible mystery of God.
Sacrament of Marriage

"Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh" (Gen 2:24)

- Adam and Eve are the first married couple - husband and wife

- Becoming one flesh refers not only to the joining of bodies but is a "sacramental expression which corresponds to the communion of persons." (TOB 9:3)

- One flesh - not only the joining of bodies but the communion of persons (joining of body and soul)

Communion of Persons means living in a relationship of reciprocal gift. Man and Woman love as God loves and become a gift to each other.
Family

- The function of the image is that of mirroring the one who is the model, of reproducing its own prototype. Man becomes an image of God not so much in the moment of solitude (when he was alone in the world as a person), but in the moment of communion. (TOB 9:3)

- God is not sexual-God is pure spirit-not man or woman. God is not made in our image.

JP II makes the ANALOGY that the family is the closest image we have in the visible world of the inner life of the Trinity.

- Two become 1-Communion of Persons- in a covenant of love- and beget life-the fruitfulness of the human couple.

"The triune God is a communion of love, and the family is its living reflection" (Francis, AL 10,11).
Vocation to Love

• We all are called to share in the love of God.

• Whatever our particular vocation, we all have the vocation to love
To Love others the way God loves- Universal Call to Holiness

• Man and woman are not made to live as isolated individuals, each
seeking their own pleasure and advantage from the other in
self-getting love, but rather in self-giving love.

• We are all a gift called to become a gift to others.
   Made by Love for love to love
THE UNDOING
STEFFANY GRETZINGER
RECKLESS LOVE
CORY ASBURY