

Theology of the Body: Middle School

Chapter One: Who Am I?: Discovering My True Identity

Parents,

We began our Theology of the Body lessons during class last night. Just a reminder that these sessions will be held one week per month. I still have some parent guides available if anyone is interested, please let me know if you would like one to add in discussions at home. If you ever have any questions or concerns about the curriculum, please feel free to contact me.

Here is an overview of what was discussed this month (September).

Objective:

- Establish an environment of trust and confidence where all feel safe talking about important issues
- Ask some basic, but critically important, questions about their own identities
- Ask some basic, but critically important, questions about what it means to be a human person
- Explore the nature of growing up, maturing, making decisions, and finding happiness
- Explain what true freedom is and its purpose
- Discuss how the Incarnation of Jesus reveals truth about their own bodies
- Show how the Theology of the Body is God's map given to help us find our way to true fulfillment as human persons

Key Concept:

This chapter focuses on creating an environment that supports effective teaching and discussion. Along with many reflective questions about the students' own experiences, this chapter provides several activities to establish a place where real connection can happen.

In Your Faith:

The Catechism of the Catholic Church tells that human beings are the only creatures that God made for their own sakes. This means that God made us just because He loves us. He wasn't lonely or bored. He just loves and wants to share His life with us. That's really good news!

Definitions:

Theology of the Body - A study of God and the purpose of our existence, as discovered and revealed through our bodies. The body reveals that human persons are created in the image of God, as male and female, with freedom for loving relationships. The TOB asks and answers two really big questions: *Who am I? How should I live?*

I have also attached a copy of some questions that would be good for the kids to reflect more on, or for you to use as a discussion starter.

Have a great week and thank you for entrusting your youth to our parish's programming.

~Brenda Strayer