We Believe™ Living Your Catholic Identity

Gifted by God Themes Correlation to the Theology of the Body

















"The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the 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).





"Man, whom God created 'male and female,' bears the divine image impressed in the body 'from the beginning'; man and woman constitute, so to speak, two diverse ways of 'being a body' that are proper to human nature in the unity of this image" (TOB, 13:2).

The Theology of the Body "seeks to educate man by setting the requirements before him, giving reasons for them, and indicating the ways that lead to their fulfillment" (TOB, 59:2).



hese opening quotes summarize Pope John Paul II's Theology of the Body and highlight its crucial role as we catechize in our modern world. In many ways, our quest for happiness and a connection with God in this life has led many to forget who we are and why we exist. We ask ourselves, what is the Theology of the Body and how can it help the world and each and every person in need?

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What is popularly referred to as the "Theology of the Body" is Pope John Paul II's work, *Man and Women He Created Them: A Theology of the Body.* His work was originally written as a book but was never published and then when elected pope, Pope John Paul II was able to deliver his work as 129 live talks at Wednesday Papal Audiences in the Vatican from 1979 to 1984. Pope John Paul II was responding to a world already experiencing the fall-out from the empty promises of a sexual revolution and particularly to the Church, comprised of many members who had largely rejected Pope Paul VI's encyclical, *Humane Vitae*, in 1968.

Pope John Paul II boldly went back to the "beginning," stressing the importance of seeing all creation as a gift from God, that the human person is made in the image and likeness of God, that humans are made male and female, that humans are made to give and receive love, and that humans are a perfect unity of body and soul. Everything about the human person stems from these core beliefs. Pope John Paul II referred to his work as an "adequate anthropology" because it presents a comprehensive and holistic understanding of human nature; defines what it means to be human; and integrates the physical, spiritual, and existential aspects in a way that aligns with Christian theology.

In Pope Paul VI's *Humane Vitae*, there was not a "total vision of man and of his vocation" but more a focus on reaffirming the Church's teaching on the sanctity of marriage and its purpose. Theology of the Body (TOB for short) is truly Christian anthropology; studying the human person through the Christian lens and understanding God through the very way he made us; body and soul. It gives us a path to freedom and happiness as we learn what it means to be human and how to live rightly as man and woman and with other people.

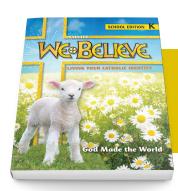
A new Gifted by God section appears in each lesson of our updated We Believe: Living Your Catholic Identity and seeks to cover the main themes of the Theology of the Body while seamlessly weaving them into the existing and fundamental content of our series. In each lesson, students will be prompted to dive into the work of Pope John Paul II's Theology of the Body in a grade-appropriate way. Lessons and years build upon one another to give the student a strong foundation in Christian anthropology and our Catholic Faith, which is based on faith and reason. The summaries and Theology of the Body references that follow provide context and a basis for the content.



Kindergarten: God Made the World

TOB Theme = All of Creation Is a Gift/The Human Person Is Made in the Image of God

The material in the Gifted by God section for Kindergarten provides the foundational concept of the "Gift." When all of God's creation is seen as a gift, it changes everything. Gifts are meant to be given and received. There is a giver and a receiver. God is the original giver and the human person is the receiver. Then the human person in turn should act like God and not only care for the gifts God has given but also give gifts to other humans. Gifts must be good. Each human person is made in the image and likeness of God (Gen 1:27) and should always be treated as a gift from God.



UNIT 1 God Gives Us Many Gifts

Lesson 1 GbG: All of Creation Is a Gift

Lesson 2 GbG: Light Is a Gift Lesson 3 GbG: Water Is a Gift Lesson 4 GbG: Land Is a Gift Lesson 5 GbG: Animals Are a Gift "God reveals himself above all as Creator" (TOB, 13:3).

"As an action of God, creation thus means not only calling from nothing to existence and establishing the world's existence as well as man's existence in the world...it also signifies gift, a fundamental and 'radical gift', that is, an act of giving in which the gift comes into being precisely from nothing" (TOB, 13:3).

UNIT 2 God Is Our Creator

Lesson 6 GbG: God Made Us Special Lesson 7 GbG: You Are Unique

Lesson 8 GbG: Thank You, God, for the Gift of Me!

Lesson 9 GbG: Families Are a Gift Lesson 10 GbG: Friends Are a Gift "The body reveals man" (TOB, 9:4).

"The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the divine." (TOB, 19:4).

UNIT 3 Jesus Shows Us God's Love

Lesson 11 GbG: Mary Said "Yes"

Lesson 12 GbG: Jesus Was Born to Mary Lesson 13 GbG: Jesus Had a Family Lesson 14 GbG: Jesus Is a Teacher Lesson 15 GbG: God Is Love "There is a strong link between the mystery of creation, as a gift that springs from Love, and that beatifying 'beginning' of man's existence as male and female...which is the simple and pure truth of communion between the persons" (TOB 14:4).

"The Christian vocation understood in this way must be realized and shown in the relationships between all the members of a family" (TOB, 88:4).

UNIT 4 Jesus Wants Us to Share God's Love

Lesson 16 GbG: You Are the Church

Lesson 17 GbG: Prayer Is a Gift

Lesson 18 GbG: Jesus Is a Gift

Lesson 19 GbG: Love Like Jesus

Lesson 20 GbG: Jesus Is Our Friend

"The Church is precisely that body, which—being subject in everything to Christ as her head—receives from him everything by which she becomes and is his body, that is, the fullness of salvation as a gift of Christ, who 'gave himself for her' to the end" (TOB, 90:5).

"The human body...(has) the power to express love: precisely that love in which the human person becomes a gift and—through this gift—fulfills the very meaning of this being and existence" (TOB, 15:1).

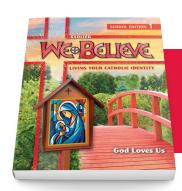




Grade 1: God Loves Us

TOB Theme = Love: Free, Total, Faithful, Fruitful

These Gifted by God sections build on the theme of "Gift" and highlight how God's love is always free, total, faithful, and fruitful. If God loves in these ways, then that is how we are to love others in this life, even when it is difficult to do so. Love is a gift first given by God himself for He creates out of nothing and creates out of love. He has created us to be loved and to love others. There is no amount of money one can pay to receive God's love, He loves until the end, He will never leave us, and His love always bears fruit. This is how we are to love others.



UNIT 1 Jesus Teaches Us about God's Love

Lesson 1 GbG: The Bible Is God's Love Story Lesson 2 GbG: The Trinity Shows God's Love

Lesson 3 GbG: Family Is a Gift Lesson 4 GbG: Work Is a Gift Lesson 5 GbG: Love as God Loves "Reading the first chapters of Genesis introduces us into the mystery of creation, that is, of the beginning of the world by the will of God, who is omnipotence and love. Consequently, every creature bears within itself the sign of the original and fundamental gift" (TOB, 13:4).

"In the mystery of creation, man and woman are a reciprocal gift" (TOB, 19:1).

UNIT 2 We Are Followers of Jesus

Lesson 6 GbG: Love as Jesus Loves Lesson 7 GbG: God's Love Is Total Lesson 8 GbG: Love Is Faithful Lesson 9 GbG: God's Love Bears Fruit

Lesson 10 GbG: Loving Like God

"The Church is herself in the degree to which she, as body, receives from Christ her head the whole gift of salvation as a fruit of Christ's love and of his giving for the Church, fruit of Christ's giving to the end" (TOB, 90:6).

"One can say that, created by Love, that is, endowed in their being with masculinity and femininity...they are free with the very freedom of the gift" (TOB, 15:1)

UNIT 3 We Belong to the Church

Lesson 11 GbG: Our Parish Church Is Our Home

Lesson 12 GbG: Sacraments Are Signs Lesson 13 GbG: Water Washes Us Clean

Lesson 14 GbG: Be Like Jesus

Lesson 15 GbG: God's Love Never Ends

Man "must rediscover the lost fullness of his humanity and want to regain it" (TOB, 43:7).

"Should we fear the severity of [Christ's] words, or rather have confidence in their salvific content, in their power?" (TOB, 43:7).

UNIT 4 We Celebrate and Live Our Faith

Lesson 16 GbG: Jesus' Greatest Gift Lesson 17 GbG: The Mass Is a Gift

Lesson 18 GbG: A Heart Filled with Love Lesson 19 GbG: Mary Said "Yes" to God Lesson 20 GbG: All That God Created Is a Gift "The 'giving' and accepting [of} the gift interpenetrate in such a way that the very act of giving becomes acceptance, and acceptance transforms itself into giving" (TOB, 17:4).

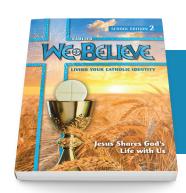
The "concept of 'giving' cannot refer to nothing. It indicates the one who gives, and the one who receives the gift, as well as the relation established between them" (TOB, 13:4).



Grade 2: Jesus Shares God's Life

TOB Theme = The Incarnation/Unity of Body & Soul

The Gifted by God sections in second grade focus on Jesus as the Incarnation and how the flesh is the "hinge of salvation" (CCC, 1015). Jesus is like us in all things but sin and therefore he is a body as we are each a body. We don't have a body, we are a body. And we are fully united body and soul. It is this unique unity of body and soul that makes us human. It is through the unity of body and soul that we experience the world and are in relationship with God. The single nature of the body and soul enables us to love and to be loved in return. Jesus is the greatest gift God could give us and each person made in the image and likeness of God is a gift to one another.



UNIT 1 Jesus Christ Is with Us Always

Lesson 1 GbG: Jesus Shows Us the Face of God

Lesson 2 GbG: We Are the Church

Lesson 3 GbG: We Receive the Sacraments Lesson 4 GbG: Water Washes Us Clean

Lesson 4 GbG: Water Wasnes Us (

Lesson 5 GbG: Oil Heals

"The fact that theology also includes the body should not astonish or surprise anyone who is conscious of the mystery and reality of the Incarnation" (TOB, 23:4).

"In some way, therefore—even if in the most general way—the body enters into the definition of the sacrament, which is 'a visible sign of an invisible reality,' namely, of the spiritual, transcendent, and divine reality. In this sign—and through this sign—God gives himself to man in his transcendent truth and in his love" (TOB, 87:5).

UNIT 2 Jesus Calls Us to Penance and Reconciliation

Lesson 6 GbG: You Are Body and Soul Lesson 7 GbG: God Commands Us to Love

Lesson 8 GbG: Our Choices Affect Our Body and Soul

Lesson 9 GbG: God Guides Our Choices Lesson 10 GbG: God Heals Our Souls "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" (TOB 14:4).

"The 'invisible' determines man more than the 'visible'" (TOB, 7:4).

UNIT 3 Jesus Gives Himself in the Eucharist

Lesson 11 GbG: God Knows What We Need

Lesson 12 GbG: We Worship God as a Whole Person

Lesson 13 GbG: God Engages Our Senses

Lesson 14 GbG: We Receive Jesus with Our Body

Lesson 15 GbG: We Act Like Jesus with Our Body

and Soul

"...creation is a gift, because man appears in it, who, as an "image of God," is able to understand the very meaning of the gift in the call from nothing to existence" (TOB, 13:4).

"The body is not, contrary to Plato, only temporarily linked with the soul (as its early "prison," as Plato maintained) but that together with the soul it constitutes the unity and integrity of the human being" (TOB, 66:6).

UNIT 4 We Live Our Catholic Faith

Lesson 16 GbG: Our Body Is a Gift

Lesson 17 GbG: In the Person of Christ

Lesson 18 GbG: Praying with Our Body and Soul

Lesson 19 GbG: Saints Are Our Models

Lesson 20 GbG: Love Like Jesus

"Man appears in the visible world as the highest expression of the divine gift, because he bears within himself the inner dimension of the gift" (TOB, 19:3).

"Christ's words are realistic. They do not attempt to make the human heart return to the state of original innocence, which man left behind at the moment in which he committed the original sin; rather, they point out to him the path toward a purity of heart that is possible and accessible for him even in the state of hereditary sinfulness" (TOB, 58:5).

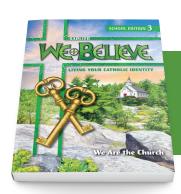




Grade 3: We Are the Church

TOB Theme = Giving & Receiving Love

The third grade Gifted by God sections return to the theme of "Gift" from Kindergarten, in that all gifts are meant to be given and received. It connects the theme of "Gift" with "Love" from first grade but now specifically highlights the male/female dynamic of Christ (male) and His Church (female). God creates each person in His image and likeness distinctly as male or female. The relationship between Christ and His Church lays the foundation for a proper relationship between males and females, the Church, and the whole world in which we live.



UNIT 1 Jesus Gives Us the Church

Lesson 1 GbG: Jesus Is God and Man

Lesson 2 GbG: We Are Made Male and Female

Lesson 3 GbG: Our Heavenly Home

Lesson 4 GbG: Men and Women Serve the Church

Lesson 5 GbG: Give and Grow

Man is "set into a unique, exclusive, and unrepeatable relationship with God himself" (TOB, 6:2).

The "first man and the first woman must constitute the beginning and the model of that communion for all men and women who in any period unite with each other so intimately that they are 'one flesh' " (TOB, 10:3).

UNIT 2 We Are Members of the Church

Lesson 6 GbG: The Priesthood Lesson 7 GbG: All People Are Special Lesson 8 GbG: The Bride of Christ Lesson 9 GbG: Being Christ for Others

Lesson 10 GbG: Called by God

There are "two different 'Incarnations,' that is, two ways in which the same human being, created 'in the image of God (Gen 1:27), 'is a body' " (TOB, 8:1).

"...man became the image of God not only through his own humanity, but also through the communion of persons, which man and woman form from the very beginning" (TOB, 9:3).

UNIT 3 The Church Leads Us in Worship

Lesson 11 GbG: Sacraments Are Signs Lesson 12 GbG: The Eucharist Is the Real

Presence of Christ

Lesson 13 GbG: We Participate Fully, Body and Soul

Lesson 14 GbG: To Miss the Mark Lesson 15 GbG: Heaven Is Our Goal Masculinity-feminity—namely, sex—is the original sign of a creative donation and at the same time...man, male-female, becomes aware of as a gift lived so to speak in an original way. This is the meaning with which sex enters into the theology of the body (TOB, 14:4).

"Purity is the glory of the human body before God. It is the glory of God in the human body, through which masculinity and femininity are manifested" (TOB, 57:3)

UNIT 4 We Are Called to Discipleship

Lesson 16 GbG: We Are the Body of Christ Lesson 17 GbG: God Loves All People

Lesson 18 GbG: The Church Is Universal

Lesson 19 GbG: Mary, Joseph, and All the Saints

Lesson 20 GbG: The Bible: The Book of God's Love

"The 'affirmation of the person' is nothing other than welcoming the gift" (TOB, 15:4).

"...mere literal knowledge of the Scriptures is not enough. Scripture is in fact and above all a means for knowing the power of the living God, who reveals himself in it" (TOB, 65:3).

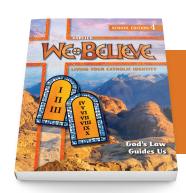




Grade: God's Law Guides Us

TOB Theme = Natural Law & Objective Truth

The fourth grade's Gifted by God sections build upon prior material, specifically about the nature of the human person and the complementarity of being male and female. It delves into the important concepts of Natural Law and Objective Truth. Without these foundational concepts in theology, we risk falling further into a world of relativism where subjectivity rules. God's creation is always good and the way that God creates is perfect. By appreciating these facts, we get to participate in the very life of God. When we follow God, we know what we must do and what we must avoid.



UNIT 1 Growing in Jesus Christ

Lesson 1 GbG: Jesus is Part of Human History Lesson 2 GbG: God Makes Us Happy Lesson 3 GbG: Hitting the Bullseye, or Not

Lesson 4 GbG: The Natural Law Lesson 5 GbG: Objective Truth

Grace is "that mysterious gift made to man's innermost [being]—to the human hear—that allows both the man and the woman to exist from the 'beginning' in the reciprocal relationship of the disinterested gift of self" (TOB, 16:3).

"In this struggle between good and evil, man proves to be stronger thanks to the power of the Holy Spirit, who, working within the human spirit, causes its desires to bear fruit in the good" (TOB, 51:6).

UNIT 2 The Commandments Help Us to Love God

Lesson 6 GbG: From "Womb to Tomb" Lesson 7 GbG: Facing Temptation Lesson 8 GbG: Giving and Receiving Love

Lesson 9 GbG: Holy Rest

Lesson 10 GbG: A Glimpse of Heaven

"Purely 'biological' knowledge of the functions of the body as an organism, connected with the masculinity and femininity of the human person, can help to discover the authentic spousal meaning of the body only if it goes hand in hand with an adequate spiritual maturity of the human person" (TOB, 59:4).

"'Historical' man always evaluates his own 'heart' in his own way, just as he also judges his own 'body:' and in this way he passes from the pole of pessimism to the pole of optimism, from puritanical strictness to present-day permissiveness" (TOB, 44:4).

UNIT 3 The Commandments Help Us to Love Others

Lesson 11 GbG: Families Are Communities of Love

Lesson 12 GbG: Made in the Image of God

Lesson 13 GbG: Focusing on God

Lesson 14 GbG: Giving and Receiving Gifts Lesson 15 GbG: Expressing Your True Self There are two "incarnations" of the same metaphysical solitude before God and the world—two reciprocally completing ways of "being a body" and at the same time of being human—as two complementary dimensions of self-knowledge and self-determination and, at the same time, two complementary ways of being conscious of the meaning of the body" (TOB, 10:1).

"In fact, through his bodiliness, his masculinity and femininity, man becomes a sign of the economy of Truth and Love, which has its source in God himself and was revealed already in the mystery of creation" (TOB, 19:5).

UNIT 4 We Are Called to Holiness

Lesson 16 GbG: Honoring Human Dignity Lesson 17 GbG: God Gives Us Many Gifts Lesson 18 GbG: Open to God's Grace Lesson 19 GbG: You Are Not Alone Lesson 20 GbG: Love Is the Greatest Gift "Christ spoke to man at all times and in all places; the teachings of the Church intend to apply Christ's words and must therefore be reread according to the key of that theology and that pedagogy, which is rooted in and supported in Christ's words" (TOB, 59:5).

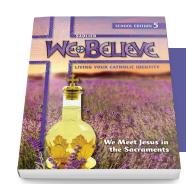
"If creation is a gift given to man...then its fullness and deepest dimension is determined by grace, that is, by participation in the inner life of God himself, in his holiness" (TOB, 16:3).



Grade 5: We Meet Jesus in the Sacraments

TOB Theme = Sacrament as Sign

Each fifth grade Gifted by God section focuses on the sacraments as signs from God. The Catechism of the Catholic Church states, "The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions" (CCC, 1131). The body is not a sacrament but it is like a sacrament because a human person is fully united body and soul: the body is the visible and the soul is the invisible.



UNIT 1 Jesus Christ Shares His Life with Us

Lesson 1 GbG: Jesus is Part of Human History

Lesson 2 GbG: God Makes Us Happy

Lesson 3 GbG: Hitting the Bullseye, or Not

Lesson 4 GbG: The Natural Law Lesson 5 GbG: Objective Truth The person is... "someone unique and unrepeatable, someone chosen by eternal Love" (TOB, 15:4).

"The body in its masculinity and femininity has been called "from the beginning" to become the manifestation of the spirit" (TOB, 45:2).

UNIT 2 Confirmation and Eucharist Complete Our Initiation

Lesson 6 GbG: Moved by the Spirit

Lesson 7 GbG: Experiencing Confirmation

Lesson 8 GbG: Jesus Sustains Us

Lesson 9 GbG: Food for the Journey

Lesson 10 GbG: The Power of Sacramentals

"Eternal life should be understood in an eschatological sense, that is, as the full and perfect experience of the grace (charis) of God in which man can share through faith during this earthly life" (TOB, 67:5).

"...the human will is originally innocent and thus furthers the reciprocity and the exchange of the gift of the body according to its masculinity and femininity as the gift of the person" (TOB, 17:2).

UNIT 3 The Sacraments of Healing Restore Us

Lesson 11 GbG: Turning toward God

Lesson 12 GbG: The Solid Ground of God's Mercy

Lesson 13 GbG: Caring for Body and Soul

Lesson 14 GbG: A Gift of Peace Lesson 15 GbG: Mary's Fiat "The mystery of redemption bears fruit in man also in a charismatic way. The Holy Spirit...enters into the human body as into his own 'temple,' dwells there and works with his spiritual gifts" (TOB, 57:2).

"...as a consequence of the vision of God 'face to face,' a love of such depth and power of concentration on God himself will be born in the person that it completely absorbs the person's whole psychosomatic subjectivity" (TOB, 68:3).

UNIT 4 We Love and Serve as Jesus Did

Lesson 16 GbG: Practicing Faith, Hope, and Love

Lesson 17 GbG: Living the Gift

Lesson 18 GbG: Serving God in Marriage Lesson 19 GbG: Serving God in Holy Orders Lesson 20 GbG: Living a Sacramental Life "Marriage, in its deepest essence, emerges from the mystery of God's eternal love for man and humanity: from the salvific mystery that Christ's spousal love fulfills in time for the Church" (TOB, 90:4).

Celibacy is a "gift of self understood as a renunciation, but realized above all out of love" (TOB, 79:9).



Grade 6: We Are God's People

TOB Theme = The 3 Originals: Solitude, Unity, & Nakedness

The sixth grade Gifted by God sections put what Pope St. John Paul II calls the three "Originals"—Original Solitude, Original Unity, and Original Nakedness—into language younger minds can appreciate and understand. In each "Original" we gain further appreciation of what it means to be human made in the image and likeness of God; the importance of there being two ways of being a body: male and female; the beauty of the unity of man and woman; and the perfect vision that Adam and Eve had before the Fall. In this life and in our quest for heaven, the three Originals give us a vision of our shared humanity, an understanding of where we are now, and the hope for what is to come in Eternal Life.



UNIT 1 Forming the Covenant

Lesson 1 GbG: Handed Down through Sacred Tradition

Lesson 2 GbG: The Image and Likeness of God

Lesson 3 GbG: Original Solitude Lesson 4 GbG: Original Unity Lesson 5 GbG: Original Nakedness "...man gains the consciousness of his own superiority, that he cannot be put on par with any other species of living beings on the earth" (TOB 5:4).

The "reality of conjugal union in which man and woman become 'one flesh' contains in itself a new and in some way definitive discovery of the meaning of the human body in its masculinity and femininity" (TOB, 20:5).

UNIT 2 Building the Covenant Nation

Lesson 6 GbG: Grasping at the Gift Lesson 7 GbG: True Freedom Lesson 8 GbG: Promises of Love Lesson 9 GbG: You Are Good!

Lesson 10 GbG: Making Wise Decisions

"'Nakedness' signifies the original good of divine vision. It signifies...the 'pure' value of man as male and female, the 'pure' value of the body and of [its] sex" (TOB, 13:1)

"...as a consequence of the vision of God 'face to face,' a love of such depth and power of concentration on God himself will be born in the person that it completely absorbs the person's whole psychosomatic subjectivity" (TOB, 68:3).

UNIT 3 Redefining the Covenant People

Lesson 11 GbG: Respect for All

Lesson 12 GbG: Be Who God Is Calling You to Be

Lesson 13 GbG: United Body and Soul Lesson 14 GbG: A Wedding Wonder Lesson 15 GbG: A "Yes" Like Mary's "...the truth about the resurrection clearly affirms that man's eschatological perfection and happiness cannot be understood as a state of the soul alone...but must be understood as the definitively and perfectly 'integrated' state of man brought about by such a union of the soul with the body that it definitely qualifies and assures this perfect integrity" (TOB, 66:6).

"Through the fact that the Word of God became flesh, the body entered theology - that is, the science that has divinity for its object—I would say, through the main door" (TOB, 23:4)

UNIT 4 The Covenant Fulfilled in Jesus

Lesson 16 GbG: True Happiness Lesson 17 GbG: A Eucharistic Life

Lesson 18 GbG: Standing Up for Our Faith

Lesson 19 GbG: Truly Catholic Lesson 20 GbG: A Saint in the Making Male and female "communicate" based on the communion of persons in which they become a mutual gift for each other, through femininity and masculinity" (TOB, 13:1).

"Eternal life should be understood in an eschatological sense, that is, as the full and perfect experience of the grace (charis) of God in which man can share through faith during this earthly life" (TOB, 67:5).



