



Eclipse of the Body

How we lost the meaning of sex, gender, marriage and family – and how to reclaim it

Part 2: Chastity and Spirituality

Read: Pages 55 – 60

- ❖ Consider chastity as defined in the *Catechism* 2339. How is chastity authentic freedom?
- ❖ How does chastity enhance our ability to freely give and receive love?
- ❖ What is marital spirituality?
- ❖ What happens when spouses are open to life in their marital embrace?
- ❖ What happens when spouses are not open to the Holy Spirit?
- ❖ How do the sacraments help couples?
- ❖ “Theology of the body” means what?
- ❖ Which part of the Creed expresses the charism of the Holy Spirit embraced by NFP and rejected by contraception?
- ❖ You profess the Creed on Sunday; are you living it every day of the year?
- ❖ The Good News at the end of Part 2 is...
- ❖ Consider *Humanae Vitae* 25 and 29. Does the compassionate tone surprise you?