

SYLLABUS: YOU THEOLOGY OF THE BODY

Blessed Sacrament - St Edward - St Joseph

COURSE OVERVIEW

This course shares the Catholic Church's teaching on life, love, and the theology of the body along with strengthening the core ideas of the Catholic faith as expressed through the creed. By using the *YOU* program by Ascension Press, *The Baltimore Catechism* from www.catholicity.com, and learning about the major seasons of the Church year as they come, this course helps people encounter what our loving God desires for us in the middle of our sexuality, learn several basic concepts of our faith that we profess in Church, and explore God reaching out to us through the liturgical seasons.

GOALS AND OBJECTIVES

The overall goals and objectives of this course are to help the students 1) see how God sees us as He created us, 2) to recognize, understand, and act on the truth that each person is created by God and the dignity that He bestows on each person, 3) know the great value, gift, and responsibility of their sexuality 4) strengthen basic understanding of the Apostles Creed as taught by the Church, 5) see God reaching out to us through the liturgical seasons, 6) to become disciples of Christ, present in society, and be able to witness their faith.

TEXTS

1. Ascension Press. *YOU*. 2016.
2. CatholiCity. *THE BALTIMORE CARECHISM*. 1941. (Abbreviated BB) Retrieved from <https://www.catholicity.com/baltimore-catechism/>
3. Catholic Answers. Retrieved from <https://catholic.com>

PARENT'S ROLE

Since faith is caught, not taught, the role of parents in the faith formation of their children is crucial. We, the faith community can teach them about their faith but you, the parents, are the primary teachers. Your interest in their CREED classes and you working with them on The BB questions help them understand the importance of not just this life, but eternity as well.

As the subject of how of our whole selves, including our bodies and sexual desire, are made by God for His glory, it is a highly sensitive subject for people in this age group. It is approached best after icebreakers. Take time to have fun with the kids before diving in.

We are learning many questions in the Baltimore Catechism (chosen for the question and answer format). We will need your help to review these questions. It's ok if you can't explain the why's behind the answers. Right now we are going to be giving them the teachings of the Catholic Church and resources to explore the "why" behind the teachings that they are curious to learn more about.

Recommended Schedule

WK	TOPIC	READING	DESIRED LEARNING OUTCOME
1	Chapter 1: Created for Love	BB questions 1-3 Videos: Introduction & 1.1	<ul style="list-style-type: none"> Know Who made us and why Know what theology means How we can learn about God through our bodies
2	Chapter 1: Created for Love	BB questions 1-4 Videos: 1.2 & 1.3	<ul style="list-style-type: none"> Learn what we must do to gain the happiness of heaven Understand why we are designed for community, other people
3	Chapter 2: Naked without Shame	BB questions 1-5 Videos: 2.1-2.3	<ul style="list-style-type: none"> Learn in what state we were made Understand how original sin clouds our vision to see people with value and dignity Know the difference between being naked without shame and being shameless
4	Chapter 3: Love Defined	BB questions 1-7 Videos: 3.1, 3.2, & 3.3	<ul style="list-style-type: none"> Know the difference between love and lust Learn how using others hurts ourselves and cuts us off from the communal life God created us for Show understanding of utilitarianism through sharing real life examples
5	Chapter 4: Hope and Redemption in Christ	BB questions 1-7 Videos: 4.1-4.2	<ul style="list-style-type: none"> Learn that God's mercy is not only for the forgiveness of our sins, but also heals us Learn how purity of heart allows us to see God in heaven, others, and ourselves too
6	Chapter 4: Hope and Redemption in Christ Chapter 5: Truth and Freedom	BB questions 11-15 Videos: 4.3 & 5.1	<ul style="list-style-type: none"> Become familiar with God and His perfections Recognize that self-gift is the means to fulfilling our purpose for eternal union with God. Explain why resurrection is both a spiritual and physical reality of the glorified body
7	Advent Preparation Chapter 5: Truth and Freedom	Catholic Answers: Advent BB questions 11-18 Videos: 5.2 – 5.3	<ul style="list-style-type: none"> Identify Advent and why God gave this time to us Compare and contrast the cultural view of doing whatever we want with authentic freedom (the ability and desire to choose the true good) Learn that "being free from the law" means being free of the "internal constraints" of sinful desires.

8	Chapter 6: Free, Total, Faithful, Fruitful	BB questions: 19, 22,23a-g Videos: 6.1 & 6.2	<ul style="list-style-type: none"> • Differentiate between sexual activity that is self-seeking and love that is self-giving • Explain free, total, faithful, and fruitful characteristics of love as they are found in the life of Christ. • Recognize marriage is the only context where sexual intimacy can be fully free, total, faithful, and fruitful. • ALERT PARENTS the kids will be directed to https://chastityproject.com for further thinking, reading, and options for watching educational videos
----------	--	---	--

WK	TOPIC	READING	DESIRED LEARNING OUTCOME
9	Chapter 6: Free, Total, Faithful, Fruitful	BB questions review Videos: 6.3 (SPLIT BY SEXES) & 6.4	<ul style="list-style-type: none"> • Describe how contraception, pornography, masturbation, and homosexual acts cannot fulfill the free, total, faithful, and fruitful standard, and therefore are sinful and cannot be approved. • Discuss ways we can participate in some levels of free, total, faithful, and fruitful love in relationships outside of marriage. • Explain free, total, faithful, and fruitful characteristics of love as they are found in the life of Christ.
10	Chapter 7: Language of the Body	BB questions: 24-34 Videos 7.1-7.2	<ul style="list-style-type: none"> • Demonstrate how the body can speak truths and lies, express our identities, and the love of God. • Analyze the language of the body as the language of love spoken within marriage. <p>Explain how premarital sex, adultery, pornography and contraception all constitute lies in the language of the body.</p>
11	Chapter 7: Language of the Body	BB questions: 24-31 Videos 7.3-7.4	<ul style="list-style-type: none"> • Learn that the Holy Spirit is the Creator of life in the one-flesh marriage union. • In relation to homosexuality, distinguish between identity, attraction, and behavior.

			Recognize the Church is loving and her teaching on homosexuality and related matters is motivated only by love and truth.
12	Chapter 8: Marriage	BB questions: 35, 37-40, 42-47 Videos 8.1-8.3	<ul style="list-style-type: none"> Recognize that God established marriage and He is the source of its sacredness. The love shared between husband and wife image the Christ and the Church. Define ways they can strengthen their marriages even before they meet their future spouses. Defend marriage as the building block of civilization. <p>Distinguish contraception from Natural Family Planning, and how the latter helps marriages.</p>
13	Chapter 9: Priesthood, Consecrated Life, and Celibacy	BB questions: 35, 37-40, 42-47 Videos: 9.1-9.3	<ul style="list-style-type: none"> Understand each person’s vocation is not just a choice, but a gift and call from God. The purpose of every vocation is to love and become holy. Cultivating a prayerful, sacramental life is key to discerning God’s will and being able to follow it. <p>The gifts God has given us exist for the sake of being offered back to him as we live out our vocations.</p>
14	Chapter 10: Friendship, Dating, and Family	BB questions: 35, 37-40, 42-47 Videos: 10.1-10.3	<ul style="list-style-type: none"> Recognize the family as the “school of love” that trains us to see others as persons, not potential partners. <p>Describe how many modern dating habits hurt, rather than help, one’s chances of entering a happy and faithful marriage.</p>
15	Review Chapters 6-10		<ul style="list-style-type: none"> Discuss support and guidance options for continuing the lessons learned this year