

## WHAT THEOLOGY OF THE BODY IS

Theology of the Body is starting from the PHYSICAL (way **more verifiable**) to get to the SPIRITUAL (way **less verifiable**).

You don't HAVE a body, you ARE body.

YOU are the theology of the body.

Theology of the Body is a **new starting point** for THEOLOGY: the PHYSICAL.

A new starting point for PHILOSOPHY: the PHYSICAL.

Theology of the Body restores the **divine order** in Creation, starting with God's Revelation found in Sacred Nature.

Theology of the Body is an invitation to UNION with God, body and soul.

Theology of the Body corrects the mind/body, matter/spirit, physical/spiritual SPLIT of the 1500's.

Theology of the Body is the ultimate life hack.

Theology of the Body is what everyone was looking for in the 60's.

**(Today the Sexual Revolution is now the Establishment. It won. Governments are now funding the Sexual Revolution. If the government funds your revolution? It ain't no revolution no more.)**

Theology of the Body is the New Sexual Revolution.

Theology of the Body is true Women's Liberation.

Theology of the Body is healing for ALL bodies.

Theology of the Body is the healing of human sexuality, male and female.

Theology of the Body is the RESTORATION of the original plan for the male-female relationship.

"The status of the male-female relationship is irredeemable." --Leonard Cohen

NOT! Theology of the Body circumvents cynicism, suspicion and bad memories about the male-female relationship to show us what is possible.

Theology of the Body is going to God through DESIRE.

Theology of the Body is going to God through the desires He gave us.

Theology of the Body is not the REPRESSION or the INDULGENCE of desires, but the REDEMPTION of desires.

**(REPRESSION thinks the body/sex is bad and *denies the gift*. INDULGENCE *acknowledges the gift*, but abuses it.**

**REDEMPTION knows the body/sex is good, practices self-mastery, and *receives the gift* from Christ.)**

Theology of the Body is a "theological time bomb set to go off...in the third millennium" that will "affect every article of the Creed." --George Weigel (official biographer of JP II)

Theology of the Body is the long-awaited (500 years) answer to the 1500's.

Theology of the Body is spiritual (soul) AND religious (body).

Theology of the Body is the WHOLE TRUTH about the human body.

Theology of the Body is a celebration of the GOODNESS of the human body.

"The Theology of the Body is the ANSWER to all life's problems." --Fr. Thomas Loya

"Theology of the Body is the DELIVERY SYSTEM for the sum-total of the Church's wisdom." --Fr. Thomas Loya

The **Incarnation** is the Theology of the Body. The **Word Made Flesh** is the Theology of the Body. **Jesus Christ** is the Theology of the Body. **Mary, Virgin and Mother** is the Theology of the Body. **Jesus** is the **New Adam** and **Mary** is the **New Eve** of the **New Creation**. The **divine** interfacing with the **human** is the new normal.

Theology of the Body IS the **New Evangelization**.  
 Theology of the Body IS the **New Catechesis**.

Rather than being draconic, outdated and non-progressive, the Catholic Church may be one of the only entities left in the world today that takes the human body seriously as a Revelation of God. "The language of Christianity is the body."

Rather than just paying lip service to Creation as God's Revelation, Theology of the Body keeps all 3 Sources of Revelation together. "Creation calls for a grateful contemplation of God's world which allows us do discover in each thing a teaching which God wishes to hand on to us." --Pope Francis, September 1, 2016. "I want to help the world be always more in harmony with the will of the Creator." --Pope Francis, March 15, 2013.

Revelation		
Sacred Nature (not fallen nature)	Sacred Scripture (written)	Sacred Tradition (oral, living)
Father	Son	Holy Spirit
God's Creation	God's Word	God's People (Church)

**WHAT THEOLOGY OF THE BODY IS NOT**

Theology of the Body is not some secret club. God came to reveal everything to everyone in Jesus Christ.

"God has given us the wisdom to UNDERSTAND FULLY the MYSTERY he was pleased to REVEAL in Christ." --Ephesians 1:9

Theology of the Body is not an impossible ideal. It's reality. In general, human beings have a hard time grasping reality and living it. "Humankind cannot bear very much reality" (T.S. Eliot, *Four Quartets*). We often live our lives by mistaken ideas that "sound good," or we just do what everyone around us is doing without questioning it too much. Some people already live Theology of the Body (whether they know it or not) because they are in touch with themselves and God (whether they realize it or not). For the rest of us? We're gonna need some help. But fear not: The same God who came to reveal *everything* to *everyone* in Jesus Christ, also gives us the grace and strength to live the truth.

**WHY IS THEOLOGY OF THE BODY SO HARD TO UNDERSTAND?**

Because it's so simple. We're complicated, God's not.