

Our Bodies Are Temples of the Holy Spirit

PRO TIP

Download other
grades for alternate
activities!

**CONNECTIONS TO THE
CATECHISM OF THE
CATHOLIC CHURCH**

CCC 1265

MATERIALS

- ▶ [Tabernacle Photos](#)
- ▶ [Your Body is a Temple of the Holy Spirit](#)

**CHRISTIAN ANTHROPOLOGY
STANDARDS**

4.9.2 TOB Relate how Christ nourishes communion through the gift of himself in the Eucharist. (TOB 99:1; CCC 1391, 1392)

SUGGESTED TIME

30 minutes

Teacher Background

The Holy Spirit is the third Person of the Holy Trinity. Proceeding from the Father and the Son, He is coequal with them. The Holy Spirit, the divine Spirit of God, has been active throughout all of Salvation History, and descended upon the Apostles and, according to Tradition, the Virgin Mary, at Pentecost. St. Paul refers to our bodies as “temples of the Holy Spirit” (1 Corinthians 6:19). We become temples of the Holy Spirit at Baptism. These powerful words speak to the true Christian dignity of our bodies.



HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Gender ideology holds that our bodies are amazing machines that we can do with as we wish. But the truth is that our bodies are gifts from God and should be treated with respect, as we respect all His creation. Even more, the bodies of the baptized are temples of the Holy Spirit, so we need to treat them reverence. God calls us not only to respect our own bodies, but also the bodies of others as every person is made in God's image, and one's body is a fundamental part of who they are.

Activity

- Begin by asking the class if they know what a temple is. (If possible, draw a building on the board that looks like a church with large, open doors in the front.)
- Explain that a temple is a building where worship takes place, and by worship, we mean prayer and sacrifice. To sacrifice is to offer up something good for the sake of God.
- Now return to your drawing of the Church, and, inside the doors, draw an altar with a tabernacle in the center. Ask the class who is in the tabernacle. *Jesus Christ Himself!* He is there with us in the Eucharist. You may wish to show the picture on [Tabernacle Photo](#) and discuss the questions on the worksheet.
- Now ask the class, if you know Jesus is in this tabernacle, which is in a certain building, how should we treat the tabernacle and the building? *Of course, we treat them with great respect. We should be quiet and prayerful, play only appropriate music, wear clothing that reflects our Christian dignity, and wear our Sunday best when we go to Sunday Mass, and so forth.* Ask a few volunteers to say what a tabernacle looks like, and how you can tell something very special is inside. *Accept reasoned answers.*

Tabernacle Photo

Directions: Text

1. This picture shows a high altar in a Jefferson City, Missouri, church. How would you describe the altar? Can you find the tabernacle? What words would you use to describe it?



2. What are some clues that the tabernacle contains something sacred?

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OUR BODIES ARE TEMPLES OF THE HOLY SPIRIT

- E. Wrap up by explaining that we don't call our churches "temples," but they are in fact temples, because a church is where priests offer Holy Mass, which is prayer and the sacrifice of the Eucharist. The Mass is the sacrifice of Jesus.
- F. Now ask the class if they knew that their bodies are also temples where God is. *For one, when we receive the Eucharist at Holy Mass, God Himself is in communion with us. But even before that, when we were baptized, our bodies became temples of the Holy Spirit: God Himself!*
- G. Share the following paraphrase of **1 Corinthians 6: 19–20** to your students (or put it in your own words): As a baptized Christian, your body is a special place — the Holy Spirit lives within you! Your body is a gift from God, and it is not truly yours, because you belong to God! Therefore, you must honor and care for your body.

Then read the Scripture aloud as students listen quietly:

Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body. (1 Corinthians 6:19–20.)

- H. Next, discuss what you read with your students, helping them to understand that God created us and that because of the gift of Baptism, the Holy Spirit lives within us, even if we cannot physically see or feel Him inside us. The Holy Spirit entered us at the moment of our Baptisms.
- I. Ask the class if they remember how we discussed how you would treat the tabernacle, or a church building. If our bodies are temples of the Holy Spirit, what does that mean about how we should treat them?
- J. Then, as a class, brainstorm ways that we can take better care of our bodies. *Ideas may include making sure to get enough sleep, brushing our teeth, moderating time on phone/video screens, having good hygiene, eating healthy portions of nutritious food, getting exercise, fresh air, and sunlight by going for a walk with our family, and so forth.*
- K. Write their ideas on the board. Have each student choose one idea from the brainstorm and set it as a goal for their week. Follow up with them in a few days and have them report how their goal is going.

Tabernacle Photo

Directions: Text

- 1 This picture shows a high altar in a Jefferson City, Missouri, church. How would you describe the altar? Can you find the tabernacle? What words would you use to describe it?

Accept reasoned answers.



- 2 What are some clues that the tabernacle contains something sacred?
- If students do not mention the following ideas, point out how the tabernacle is the focal point of the church building, it is elevated, it very ornate and beautiful, it is surrounded by beautiful artwork that points our hearts and minds to Heaven.**

STUDENT WORKSHEET ANSWER KEY



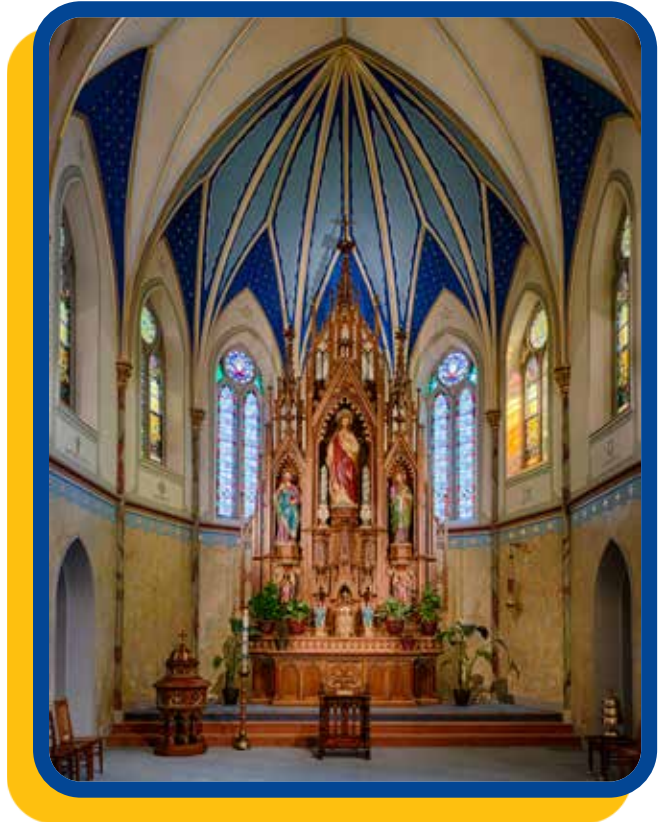
Our Bodies Are Temples of the Holy Spirit

Tabernacle Photo

Directions: Text

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This picture shows a high altar in a Jefferson City, Missouri, church. How would you describe the altar? Can you find the tabernacle? What words would you use to describe it?



2

What are some clues that the tabernacle contains something sacred?

YOUR BODY IS A TEMPLE OF
THE HOLY SPIRIT WITHIN YOU...



THEFORE GLORIFY GOD
IN YOUR BODY.

1 CORINTHIANS 6:19-20

We Are a Unity of Body and Soul

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**CONNECTIONS TO THE
CATECHISM OF THE
CATHOLIC CHURCH**

CCC 365, 1703, 1803

MATERIALS

- ▶ A balloon (not blown up)
- ▶ One piece of construction paper per student
- ▶ Markers
- ▶ Masking tape

Note: This activity has no student worksheets.

**CHRISTIAN ANTHROPOLOGY
STANDARDS**

4.7.1 TOB Connect how virtues (which have to do with man's inner life) are expressed through the body. (TOB 51:5-6, 53:4, 54:2-55:7; CCC 2516, 2520-2524)

SUGGESTED TIME

30 minutes

Teacher Background

The human person is both corporeal and spiritual. We have a body (material) and a soul (spiritual). A soul is what animates (gives life to) a body. Everything that is alive has a soul. But our soul (*anima* in Latin) is different from that of the animals. This reality is symbolized by God breathing His own spirit into the nostrils of the first human, something He did not do for any other creature. Our bodies make visible our invisible souls.



HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Gender ideology asserts that the body is a tool of the will or a canvas for self expression. But the truth is that human bodies share in the dignity of the image of God. The body and soul are a unity. We express our inner lives, including virtues, through our bodies.

Activity

- A. Begin by showing the class a balloon (not blown up) and ask why it seems incomplete. Guide students to the understanding that balloons are meant to look like big round bursts of color – they are meant to be inflated.
- B. Explain that only when you blow air into it does it become what it is meant to be—a balloon!
- C. Next, blow up the balloon and show it to the class. You could say that the air is the form of the balloon!
- D. Focus the class's attention on the balloon, and how the outside and inside are both necessary to make the balloon what it is.
- E. Then, explain that God breathed His Spirit into Adam's nostrils at creation. Adam's body and soul were united in one person. It is the same with every one of us. Each of us has a body and a soul. Sometimes, people talk about the body as if it is not important. They think the "real self" is on the inside, and that what is on the outside (our bodies) doesn't matter as much to who we are. However, that is not true, the outside – your body – is just as much a part of you as the inside— your soul. Your visible body makes your invisible soul visible!
- F. Direct the class's attention back to the balloon, and how the outside and inside are both necessary to make the balloon what it is. In other words:
 - Without the outside part, the air inside would just float away; we would not be able to see it.

- Without the air inside it, the uninflated balloon would have no form — it would not be complete either.
- The same is true of us! Our bodies (physical) and souls (spiritual) are so united that the soul is the form of the body. It makes the invisible soul visible.
- Explain that another word for soul is spirit. Spiritual means relating to the soul. Spiritual comes from the Latin word *spiritus*, which means breath.

Note: Ask the class if anyone remembers how we said God gave life to Adam? *He formed Adam out of dust and breathed His spirit into Adam.*

- G. Explain that one way our bodies make our souls visible is the way we live out virtues. Virtues are good habits, or the habit of choosing good. Examples of virtues are courage, love or charity, faith, justice, and many others. Virtues are always good, in every situation. For example, it is always good to be courageous. It is always good to show love and to have faith in God. It is always good to be just. When we act with virtue, we are living as God made us to live. And we express these virtues with our bodies!
- H. Ask your students to think about ways they have seen their classmates act virtuously. For example, they may have helped someone with their homework, gone out of their way to be friendly to a new student, given of their time in volunteer work, or other activities.
- I. Finally, explain the following activity about living in virtue. Each student will have a piece of construction paper taped to his or her back, and the class will write positive and uplifting comments on their classmates' backs, recognizing the ways they have acted with virtue. Examples can include: "You are a loyal friend!" "You have a kind smile." "You are an amazing soccer player." And so forth.
- J. Then, distribute the paper, markers, and tape. After all the students have a piece of paper taped to their backs, provide adequate time for your students to write on their classmates' backs. Circulate around the classroom adding your own comment for each student, and monitoring the comments being written if necessary.
- K. Conclude the activity by giving students a few quiet moments to read the comments from their classmates.
- L. Have them think about how each of the examples they received is something they use their body to live out. For example, a kind smile is shown by one's mouth, eyes, cheeks, etc. Fantastic soccer player = one's feet, legs, and so on.

We Are Made in God's Image

PRO TIP
Download other grades for alternate activities!

CONNECTIONS TO THE CATECHISM OF THE CATHOLIC CHURCH

CCC 356–379

MATERIALS

- ▶ [Communion of Persons](#) worksheet (one per student)
- ▶ Three pieces of differently-colored construction paper per student
- ▶ Scissors and tape

CHRISTIAN ANTHROPOLOGY STANDARDS

4.5.1 TOB Extrapolate how man is created in God's image through the communion of persons. (TOB 9:3, 14:6; CCC 355–357)

SUGGESTED TIME

20 minutes

Teacher Background

In the first chapter of Genesis, we read that God created mankind in His image. People have pondered this powerful message for millennia. We have discovered much about who we are as humans as God has revealed to us more about who He is. God is love, and to be made in His image and likeness means that we are made in love, for love. God is the Blessed Trinity. This means that God exists in a relationship of life-giving love within Himself. Therefore, it follows that humans made in His image are made for and most perfectly reflect God when we are in relationship with one another.



HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Gender ideology asserts that each person is free to define love as they see fit. But the truth is that love means making a gift of self. Humans made in His image most perfectly reflect God when we are in relationship with one another. But not just any relationship, but specifically one in which we make a gift of self so that another may have life. Men and women are both called in a special way to reflect God's own nature of love by loving.

Activity

- Distribute the [Communion of Persons](#) worksheet, which has directions for a craft activity.
- Have each student cut three pieces of different colored paper into three large loops. Label one "Father," one "Son," and one "Holy Spirit" (see images 1–3).
- Then help students cut the Holy Spirit loop (see image 4) and place the Son loop inside the Father loop (see image 5).
- Then, have them take the Holy Spirit loop and weave it between the four sides, so that it is on the outside of the Father loop, and the inside of the Son loop (see image 6). Tape the Holy Spirit loop to close it (see image 7).
- Show your students how, if you take away one, the other two would fall apart (see image 8).
- Then, ask students to raise their hands if they have ever heard anyone say that God is love. Explain the following to your students: Love is God's very nature, so much so that God exists in a relationship of love. The Trinity means that his very nature is a relation-



ship. In the story of Creation from the Book of Genesis, God says “Let us make human beings in our image, after our likeness” (1:26). Point out how God speaks in the plural of Himself. Why? Because He is speaking of Himself as the three Persons of the Holy Trinity.

- G. Continue to explain the following: We then read that “God created mankind in his image; in the image of God he created them; male and female he created them” (Genesis 1:27). What does this passage mean? We are—as mankind, male and female—created in the image of God. God’s very nature is a permanent relationship of life-giving love. Because we are made in His image, we are made for a permanent relationship of life-giving love. God designed men and women to make a gift of themselves for the good of others.
- H. Continue to explain that this life-long gift that every single human being is called to make will either be to Jesus and His Church (in priestly or religious life) or to their spouse (in marriage.) The special differences between men and women exist because men and women are called to make a gift of themselves in a unique way. Both contributions give life – spiritual life as a priest or religious, or physical life as the love of husbands and wives, in the ordinary course of things, brings forth life of their children. Men and women are both called in a special way to reflect God’s own nature of love by loving.

Communion of Persons

Directions: Follow your teacher's directions to make the craft below.
Then read the information and answer the reflection question.



Image #1



Image #2

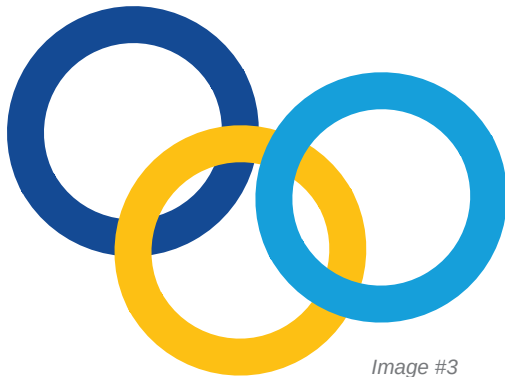


Image #3



Image #4

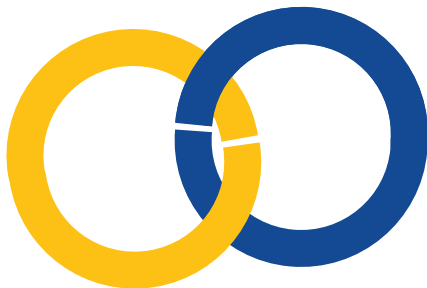


Image #5

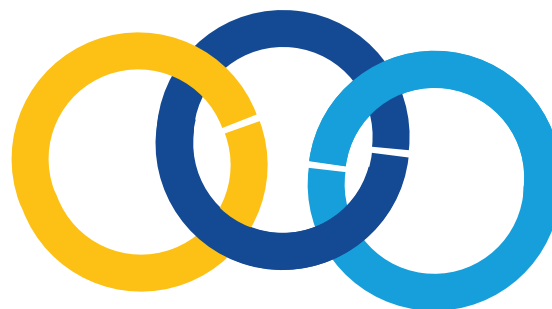


Image #6

STUDENT WORKSHEET ANSWER KEY

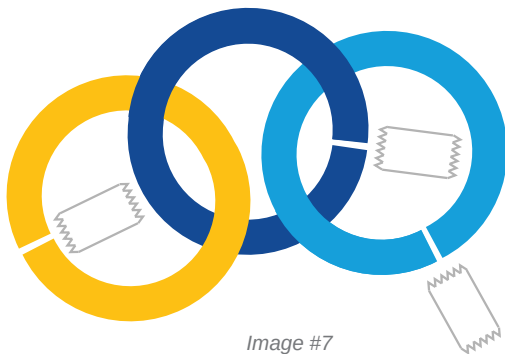


Image #7

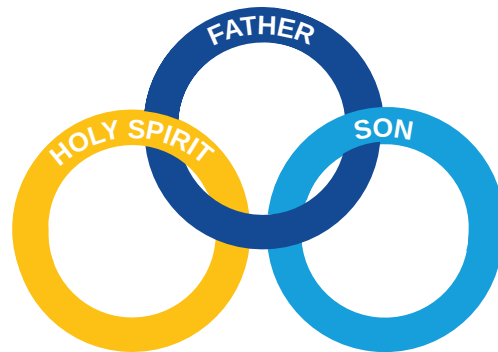


Image #8

Reflection Question

We read that “God created mankind in his image; in the image of God he created them; male and female he created them” (Genesis 1:27). How are men and women each called to reflect God’s love?

Men and women are created in the image of God. God’s nature is a permanent relationship of life-giving love. This means that each person is made for a permanent relationship of life-giving love. We are called to make a gift of ourselves. Men and women are both called in a special way to reflect God’s own nature of love by loving. Accept additional answers

We Are Made in God's Image

Communion of Persons

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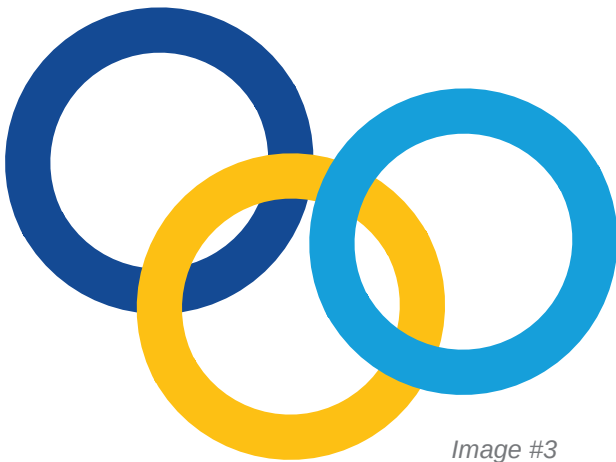


Image #3



Image #4

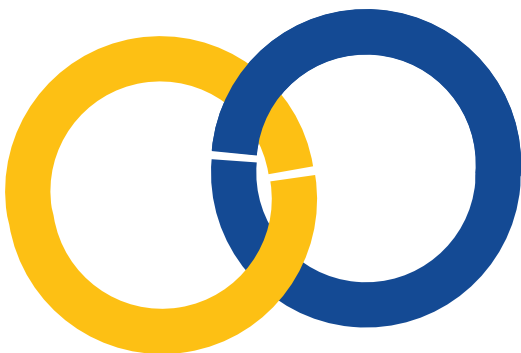


Image #5

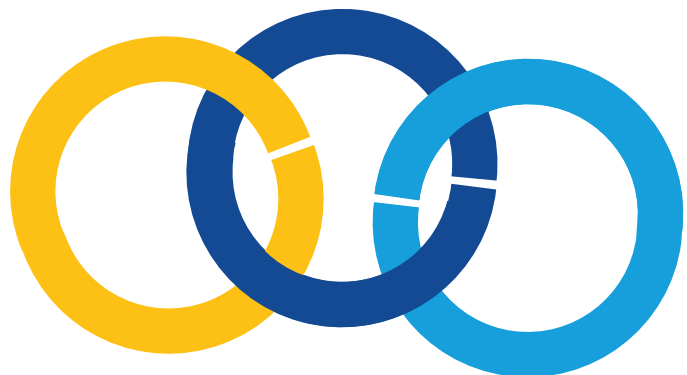


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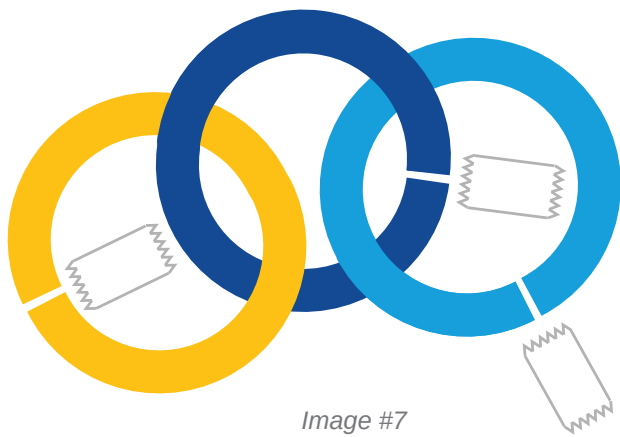


Image #7

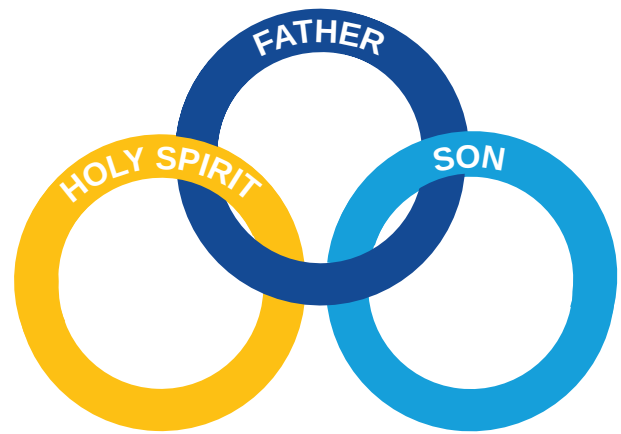


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