

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?

© SOPHIA INSTITUTE FOR TEACHERS 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.

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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

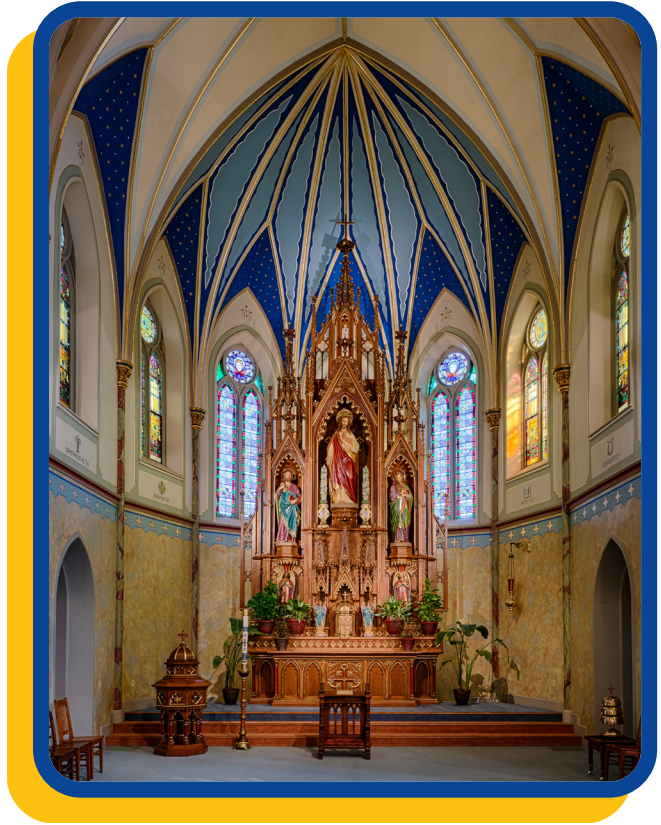


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YOUR BODY IS A TEMPLE OF
THE HOLY SPIRIT WITHIN YOU...



THEFORE GLORIFY GOD
IN YOUR BODY.

1 CORINTHIANS 6:19-20