

# The Gift of Our Bodies

**PRO TIP**  
Download other grades for alternate activities!

## CONNECTIONS TO THE CATECHISM OF THE CATHOLIC CHURCH

CCC 1146–1152, 1210

## MATERIALS

- ▶ [Praying with the Body](#) worksheet
- ▶ 15–20 slips of paper with names of foods, animals, or household objects written on them
- ▶ Marker and dry-erase board, and/or whiteboard
- ▶ Timer

## CHRISTIAN ANTHROPOLOGY STANDARDS

5.4.1 TOB Explain how original nakedness refers to seeing the world and others as God sees; as Gift. (TOB 13, 14:2; CCC 337, 339, 377, 2531)

5.9.1 TOB Recognize that Jesus reveals the love of the Father. (TOB 23:4, 67:5; CCC 606–607; 1823)

## SUGGESTED TIME

30 minutes

## Teacher Background

God understands who we are and what we need, and He knows that we experience the world in and through our body. God designed us to have bodies and use them to participate in all the true, good, and beautiful created things this life has to offer. The Incarnation shows us in a very special way how highly God regards His material creation. Jesus will forever have a human body! If God, the creator of the universe and the human body did not think the body was good, then why would He choose to have one for all eternity?



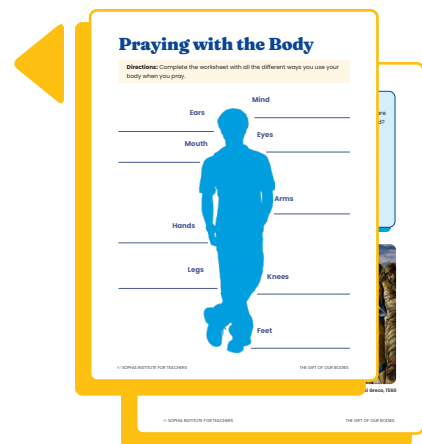
### HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Gender ideology views the body as an amazing machine that is ours to do with as we wish. But the truth is that our bodies are precious gifts from God. Seeing the way God Himself took on a human body should help us to see the material world, including our bodies, as God sees them. The term from Theology of the Body “original nakedness” refers to seeing the world and others as God sees; as a gift.

## Activity

*Note: Before class, prepare 15-20 slips of paper with names of foods, animals, or household objects written on them.*

- If possible, begin this activity right after you have prayed to open your class.
- Ask if anyone can list some ways we just used our bodies to pray. Explain that we use our bodies to pray all the time, and our bodies are important for every way we grow closer to God.
- Distribute [Praying with the Body](#) worksheets and have students complete the activity to help them think about how they use different parts of their body to pray.
- After a few moments, go over responses as a class. Then ask the class if they can think of any examples from the Bible when Jesus used His body to pray, or to show love to other people. *List as many as you can, writing them on the board.*



- E. If students do not mention them, be sure to include on the list the moment of the Incarnation when God the Son assumed a human nature in Mary's womb, the moment of His birth, the ways He touched people to heal them, prayed with His vocal cords, mouth, and hands, and of course how He gave up His life on the Cross, making an offering of His body.
- F. Ask your students to reflect quietly for a moment about what these facts mean about our bodies. Then explain in a mini-lecture:

*These facts show us that our bodies are good! In fact, the most important way we know our bodies are good is that God Himself assumed a human nature. The second Person of the Blessed Trinity, Jesus Christ, took on a human body! God is all-loving and all-good. If the body were not good, then God would not take on a body. The goodness of the human body is affirmed in the Incarnation.*

*Then throughout His public ministry, Jesus performed many miracles that all point to*

*the goodness of the body. He healed people from diseases, and fed many through the miracle of the multiplication of the loaves and the fishes. His words at the Last Supper are made present to us at every Holy Mass when Jesus offers us His very Body and Blood in the Eucharist, with the words, "This is My Body." Most significantly, Jesus used His body to suffer and die for us, in order to bring about our redemption.*

*In this greatest act of love, Jesus gives His whole self as a gift to the world. Knowing all these truths helps us see the world, other people, our own selves and especially our own bodies as the good, beautiful, gifts that they are.*

*Note: Depending on the maturity of your students, you may wish to add that the term the Church uses for seeing the world and other people as God sees them is "original nakedness." This term refers to when Adam and Eve were in the garden, before the fall, when they were able to see each other and all of creation as a beautiful gift.*

- G. Have students list on the back of the worksheet what they think are the most important ways the life of Jesus teaches us that our bodies are good.
- H. To wrap up, divide the class into teams of 4-5 and explain that you will be playing four rounds of a game called "Guess It." In this game, one person from each team will receive a card with something written on it. Their goal is to get their team members to say what is written on their card before the timer runs out. This game will help us all see how important our bodies are to us.

There are different rules for each of the four rounds. **IMPORTANT:** Do not reveal the rules to students ahead of time. Wait until you come to each round in the game.

- For Round 1, students will be allowed to use their mouths, lungs, and vocal cords (in other words, they can speak). They can use any words or sounds they want, except

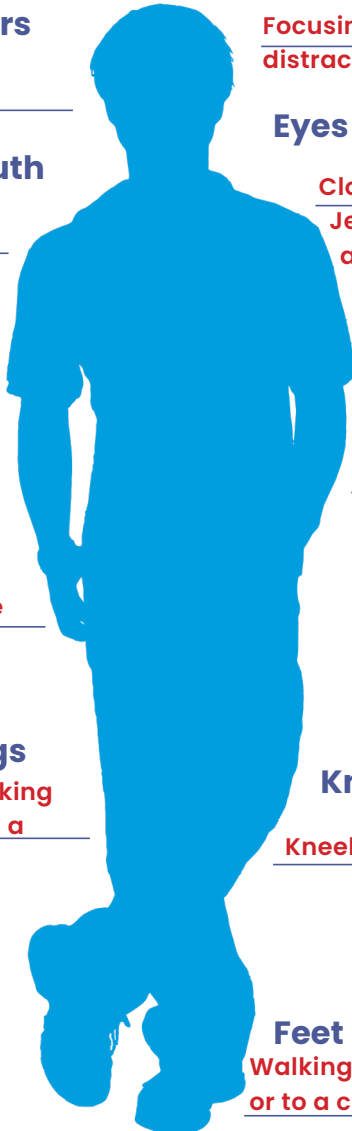
they may NOT use the word itself. They can spell it out or say words it rhymes with. Allow 20 seconds to guess the word. Give a few students from each team the chance to play this round.

- For Round 2, students will be allowed to use their hands, a marker, and the whiteboard/ blackboard/smart board to describe the object. They cannot make any noise, write words, or gesture with their bodies when trying to describe the object. Allow 30 seconds to guess the word. Give a few students from each team the chance to play this round.
- For Round 3, students will be allowed to act out the object using their bodies, but without making any sounds or writing anything down. Allow 30 seconds to guess the word. Give a few students from each team the chance to play this round.
- For Round 4, students must get their team to guess the word without using their bodies at all. They cannot talk, write, or move any part of their bodies. After a few minutes of students trying to figure out how to complete this round, call one student up to the front and have him or her demonstrate. He or she will obviously not be able to do anything.

- I. Allow a few moments of levity after Round 4 before making the serious point that we cannot do anything if we cannot use our bodies. Each round showed us a different way we can do amazing things with our bodies, and indeed that our bodies are ourselves. We are our bodies!
- J. Discuss briefly how we know our bodies are good, recalling key points from the mini-lecture. Then, finally, pray together as a class thanking God for the gift of your bodies.

# Praying with the Body

**Directions:** Complete the worksheet with all the different ways you use your body when you pray.



**Ears**  
Listening to the silence, or to sacred music.

**Mind**  
Focusing on God, trying not to be distracted.

**Mouth**  
Speaking in vocal prayer, kissing the Bible.

**Eyes**  
Closing our eyes to imagine Jesus, looking at icons, sacred art, or the Eucharist in a monstrance, reading Scripture.

**Arms**  
Folding our arms, or raising our hands.

**Hands**  
Folding our hands in prayer, turning the pages of the Bible or a prayer book.

**Legs**  
Kneeling or genuflecting, walking to a place of prayer, going on a pilgrimage.

**Knees**  
Kneeling, genuflecting.

**Feet**  
Walking to a home prayer space, or to a church or chapel.

## STUDENT WORKSHEET ANSWER KEY

### Reflection Question

Recall your class discussion about the Incarnation. What do you think are the most important ways we learn from Jesus that our bodies are good?

**Accept reasoned answers that draw from the day's learning.**

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*Christ Healing the Blind Man, El Greco, 1560*

# The Gift of Our Bodies

# Praying with the Body

**Directions:** Complete the worksheet with all the different ways you use your body when you pray.

**Ears** \_\_\_\_\_

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**Mouth** \_\_\_\_\_

\_\_\_\_\_

**Hands** \_\_\_\_\_

\_\_\_\_\_

**Legs** \_\_\_\_\_

\_\_\_\_\_

**Feet** \_\_\_\_\_

**Mind** \_\_\_\_\_

**Eyes** \_\_\_\_\_

\_\_\_\_\_

**Arms** \_\_\_\_\_

\_\_\_\_\_

**Knees** \_\_\_\_\_

\_\_\_\_\_



## Reflection Question

Recall your class discussion about the Incarnation. What do you think are the most important ways we learn from Jesus that our bodies are good?

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