

Our Bodies Are a Gift

PRO TIP
Download other
grades for alternate
activities!

CONNECTIONS TO THE CATECHISM OF THE CATHOLIC CHURCH

CCC 347, 364, 1700

MATERIALS

- ▶ [Wonder and Awe](#)
- ▶ Music Video available at [SophiaOnline.org/Renegades](https://www.sophiaonline.org/renegades)
- ▶ [Renegades Video Discussion Questions](#)

CHRISTIAN ANTHROPOLOGY STANDARDS

7.8.1 TOB Describe how the body, by its mere existence, communicates that the human person is a gift just by the fact that it exists. (TOB 14:4; CCC 357, 364)

SUGGESTED TIME

20 minutes

Teacher Background

Human beings occupy a unique place in creation — created body and soul in the image of God. Established in His friendship, men and women are the only visible creatures able to know and love our Creator. God created mankind for its own sake, and only human beings are called to share in God’s own life. When we can approach the body with proper wonder and awe, we begin to see the image of God in ourselves and in others.

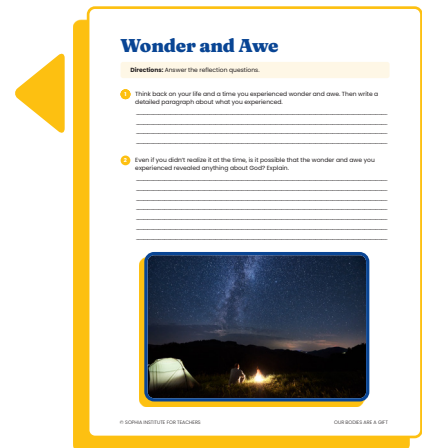


HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Gender ideology asserts that our bodies have no meaning, and is simply a tool for self-expression. It also asserts that dignity comes to us externally: from being affirmed by others. The truth is that, made in His image, our bodies reveal who God is. Our approach to the body needs to be one of wonder and awe. Our human dignity comes from being made in God’s image, and this dignity is ours by nature. It can never be taken away.

Activity

- A. Begin by distributing [Wonder and Awe](#), and asking students to write a detailed paragraph about a time they experienced wonder and awe. You might prompt them with examples, such as seeing a beautiful sunset, a view from a mountain, witnessing a sibling being born, and so forth.
- B. When they have finished writing, call on students to share about their experiences. Lead a discussion about why their experiences were full of awe and wonder. How did their experiences reveal God?
- C. Next, discuss the following question with your students: When have you been amazed or in awe of another human being? *Allow discussion.*
- D. Then, explain that human beings occupy a unique place in creation — created body and soul in the image of God. Established in His friendship, men and women are the only visible creatures able to know and love our Creator. God created mankind for its own sake, and only human beings are called to share in God’s own life. So we should approach our bodies with wonder and awe! When we can approach the body with proper wonder and awe, we begin to see the image of God in ourselves and in others. But sin clouds our ability to recognize God and His image in others.



- E. View with your class the music video for the song “Renegades” by X Ambassadors, which can be found at the following link: SophiaOnline.org/Renegades.
- F. Have students work individually or in small groups to respond to the questions on [Renegades Video Discussion Questions](#).
- G. Go over responses as a class, using the Answer Key to guide discussion.

H. Wrap up by explaining that every human being is made in God’s image and likeness, with infinite worth, and that is something that can never be taken away from us. Even more, as Christians, we know that our identity is rooted in being a son or daughter of God, and, again, nothing can change that. But in the worldview of transgender ideology, a person’s dignity comes from the approval of other people, and so it can be taken away. The mistaken idea that our dignity comes from the approval or affirmation of other people is full of dangerous serious consequences for individuals, and for society as a whole.



Wonder and Awe

Directions: Answer the reflection questions.

- 1 Think back on your life and a time you experienced wonder and awe. Then write a detailed paragraph about what you experienced.

Accept reasoned answers.

- 2 Even if you didn't realize it at the time, is it possible that the wonder and awe you experienced revealed anything about God? Explain.

Accept reasoned answers.



Renegades Video Discussion Questions

Directions: Watch the music video for the song “Renegades” by X Ambassadors, which can be found at the following link: [SophiaOnline.org/Renegades](https://www.sophiaonline.org/Renegades). Then discuss the questions.

- 1 What did you think was the most moving part of the video? In what ways were you amazed by the ability of the body and spirit of the people featured?

Accept reasoned answers.

- 2 The music video reveals the band’s inspiration for the song lyrics. What did you think of their hidden story?

Accept reasoned answers.

- 3 How does this video help you recognize the inherent dignity of all persons, despite physical or mental limitations?

Accept reasoned answers.

- 4 Our bodies are gifts from God. God designed our bodies to be able to do many good things, like some we saw in the video. We have a duty to care for all creation, including our bodies, so creation can flourish. If someone has a mistaken belief about their body, for example, a person suffering from anorexia who believes they are overweight, what is the proper response to that mistaken belief? Why?

The proper response is to share the truth with charity. You would not affirm the mistaken self-image of their body. We have a duty to care for our bodies as the precious gifts they are.

STUDENT WORKSHEET ANSWER KEY

5 How would you respond to someone who said that our bodies are simply tools for expression, for us to do whatever we want with?

Accept reasoned answers, guiding students to understand that in truth, we are stewards of the gift of our bodies as we are stewards of all creation.

6 Sin has damaged the way we see ourselves. Our modern society values what a person does, or what he or she contributes to society, and attaches his or her worth to productivity. But all people have inherent worth and dignity. The dignity of the human person is rooted in our creation in the image and likeness of God (CCC 1700). The mistaken idea that our dignity comes from what we can do, or even from the affirmation of other people, leads to dangerous consequences. If human dignity comes from being affirmed by others, what could that mean for the following groups of people? **Choose one and write a brief defense of their dignity, flowing from their being made in God's image and likeness.**

- a. Disabled people
- b. People who are sick, depressed, or frail
- c. People who are poor
- d. Immigrants
- e. The unborn

All these vulnerable groups would be further marginalized and even removed from society if we accepted the false notion that dignity comes from affirmation or approval of others.

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