

	1	2	3	4	5	6	7	8
LIFE IS A GIFT								
Express that all creation is a gift from God who is loving.	X	X	X	X	X	X	X	X
Recognize the goodness of creation.	X	X	X	X	X	X	X	X
State that God, who is most generous, loves the world into existence.	X	X	X	X	X	X	X	X
Explain that all creation is “sacramental” because God is revealed through it.	X	X	X	X	X	X	X	X
Explain that life is a gift.	X	X	X	X	X	X	X	X
Express that every person is a gift from God.	X	X	X	X	X	X	X	X
Describe how the body itself communicates that the human being is a gift just by the fact that it exists.	X	X	X	X	X	X	X	X
Recognize that each person is unique and unrepeatable.	X	X	X	X	X	X	X	X
Recognize that we are called to see the world and others as God sees—as a Gift.	X	X	X	X	X	X	X	X
Explain how the human body is a visible sign (a “sacrament”) of God’s invisible love.	X	X	X	X	X	X	X	X
CREATED IN THE IMAGE OF GOD								
Explain that all persons are created in the image and likeness of God.	X	X	X	X	X	X	X	X
Explain that human beings are persons with dignity to be loved, not treated as objects.	X	X	X	X	X	X	X	X
Explain that God created each person with both body and soul united.		X	X	X	X	X	X	X
Identify humanity as the summit of creation.	X	X	X		X	X	X	
Identify the human person as distinct from the rest of creation because humans can think, are free to choose, and can love.	X	X	X	X	X	X	X	X
Explain that because humans have been created as a gift in the image of the Trinity, they learn about themselves by giving themselves to others.	X	X	X	X	X	X	X	X
Explain why each human person is intrinsically good.	X	X	X	X	X	X	X	X
Identify man’s unique relationship with God as set apart from the rest of creation: naming the animals, cultivating the earth, and choosing between good and evil.	X	X	X	X	X	X	X	X
Differentiate how man, as the pinnacle of creation, is both similar and dissimilar from God.	X	X	X		X	X	X	X
Articulate that humans are made for relationship with God (Communion).	X	X	X	X	X	X	X	X
Explain that human beings become the image of God more fully in a free, authentic, self-giving relationship.	X	X	X	X	X	X	X	X
Discuss how man images the communion of the Three Persons in one God.	X	X	X	X	X	X	X	X
THE UNITY OF MALE AND FEMALE								
Identify the two ways in which the human person has been created in the image of God: male and female.	X		X	X	X	X	X	X
Explain that God made each human being as a male or a female as revealed in their bodies.	X			X			X	X
Recognize that God created men and women equal in dignity and made them to be in unity, complementing each other.	X	X	X	X	X	X	X	X
Names reasons God made man male and female in Genesis 1:27 and Genesis 2:18–22.	X		X	X		X	X	X
Explain why human beings are persons to be loved, not treated as objects.			X	X	X	X	X	X
Identify how every man and woman has a unique role to be son/daughter, brother/sister, etc.	X	X	X	X			X	X

Christ Our Life® | Theology of the Body Correlations

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Explain that we are created and called to be a mutual “help” to one another to live a good and happy life together.	X	X	X	X	X	X	X	X
Identify why the male/female difference is fruitful and good.				X			X	X
Explain the complementarity of marriage and celibacy for the sake of the kingdom.		X		X	X		X	X
UNIQUELY MADE FOR LOVE								
Explain that each person is created to love, by love, and for love.	X	X	X	X	X	X	X	X
State that love is to desire what is good for another person.	X	X	X	X	X	X	X	X
Explain the two great commandments that Jesus taught: love of God and love of others.	X	X	X	X	X	X	X	X
Recognize that Jesus reveals the love of the Father.	X	X	X	X	X	X	X	X
Explain that love is the ability to participate in the love of God himself: total, faithful, fruitful, and generous.	X	X	X	X	X	X	X	X
Describe him or herself as a son or daughter of God.	X	X	X	X	X	X	X	X
Explain that each person is created for a self-giving relationship with God.	X	X	X	X	X	X	X	X
Recognize our purpose as being created by God out of love in order to love and to be in communion with him heaven.	X	X	X	X	X	X	X	X
GIFT OF SELF								
Recognize that God calls us to make a gift of ourselves in love.	X	X	X	X	X	X	X	X
Explain that, for a gift to be authentic, it must be sincerely given and received.	X	X	X	X	X	X	X	X
Explain that it is necessary for each person to make a free, authentic gift of themselves in relationships.	X	X	X	X	X	X	X	X
Explain that each relationship of self-giving requires each person to also be in relationship with God.	X	X	X	X	X	X	X	X
Identify Jesus Christ as the model of what it means for a human person to be free, authentic gift.	X	X	X	X	X	X	X	X
Explain gift-of-self as thoughts, words, or actions that place oneself at the service of others and seek the true good of the other.	X	X	X	X	X	X	X	X
Identify simple, every day occurrences in which we participate in self-giving relationships with our families.	X	X	X	X	X	X	X	X
Describe that giving of ourselves to others includes little ways each day, through kind words and thoughtful deeds.	X	X	X	X	X	X	X	X
State that being with others in society implies giving ourselves as a gift to others and receiving others as a gift.	X	X	X	X	X	X	X	X
Relate how we learn more about ourselves through our relationships with others.	X	X	X	X	X	X	X	X
THE FALL AND REDEMPTION								
Identify the broken relationships caused by Original Sin: the human person and God; human beings and nature; between human persons, and within one’s self.	X	X	X		X	X	X	X
Explain that original sin happened because man distrusted and disobeyed God.	X	X	X		X	X	X	X
Point out that as a result of Original Sin man experiences concupiscence and needs to bring emotions and desires into harmony with what is truly good.		X	X		X	X	X	X

Christ Our Life® | Theology of the Body Correlations

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Recognize that suffering is a result of the Fall and that suffering can make it difficult for us to see the gifts of God.	X	X	X	X	X	X	X	X
Explain that even after the Fall, creation remains a good gift and is able to be redeemed.	X	X	X	X	X	X	X	X
Relate man's relationship with God in original holiness to the restoration of man's relationship with God through Baptism.	X	X	X	X	X	X	X	X
Relate how Christ nourishes communion through the gift of himself in the Eucharist.	X	X	X	X	X	X	X	X
LANGUAGE OF THE BODY								
Explain how, through loving actions, the human body can reveal God.	X	X	X	X	X	X	X	X
Identify how the human body reveals the person.		X	X	X	X	X	X	X
Explain how the body itself reveals man's special dignity.	X	X	X	X	X	X	X	X
Recognize that human beings manifest their inner life through their body language.		X	X	X	X	X	X	X
Describe how the character of a person is embodied in their behaviors and the way they carry themselves. (cf. 1 Corinthians 6:19-20; 1 Thessalonians 4:4)				X	X	X	X	X
Connect how virtues (which have to do with man's inner life) are expressed through the body.		X	X	X	X	X	X	X
Explain the body-soul unity in the human person from the standpoints of the "language of the Body."	X	X	X	X	X	X	X	X
Describe how the human body is a Temple of the Holy Spirit and why it is necessary to "glorify God in your body." (1 Corinthians 6:15,20)			X	X	X	X	X	X
LIFE ACCORDING TO THE SPIRIT/PURITY OF HEART								
Recognize Jesus as the source of hope throughout our daily tasks and difficulties.	X	X	X	X	X	X	X	X
Identify God as the source of good desires in our hearts.	X	X	X	X	X	X	X	X
Explain that a pure heart is drawn to things that are true, good, and beautiful.	X		X	X	X	X	X	X
Identify immodesty and not taking care of one's body as a misuse of one's sexuality.			X	X	X	X	X	X
Recognize that with God's help and grace, we can live lives of virtue.	X		X	X	X	X	X	X
Identify that self-mastery is needed for a person to make a gift of himself to the other.				X	X	X	X	X
Explain the beatitude: "Blessed are the pure in heart, because they will see God." (cf. Matthew 5:8)				X	X		X	X
Define virtue as a disposition of the human soul, developed by grace and practice, to do good and identify chastity and modesty as essential to respecting ourselves and others.	X		X	X	X	X	X	X
State that a person is pure in heart when he/she perceives and respects others as a gift and seeks to make a gift of him/herself to others.				X	X		X	X
Describe the virtue of reverence for God, his creation, and other people as treating them with respect and honor, for God is all good and his creation is a good gift.	X		X	X	X	X	X	X
Relate being connected to Jesus the True Vine (John 15:4-5) to manifesting the fruits of the Spirit (Galatians 5:22-23).		X	X	X	X	X	X	X
Articulate how virtue is part of "life according to the Spirit." (cf. Ephesians 6:13-17)	X	X	X	X	X	X	X	X

Christ Our Life® | Theology of the Body Correlations

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Recognize that “life according to the Spirit” and following the law of God lead to true freedom and happiness.	X	X	X	X	X	X	X	X
Recognize that true freedom comes by choosing the good.		X	X	X	X	X	X	X
VOCATION								
Identify that the entire Christian life shows the mark of the love of Christ and the Church.	X	X	X	X	X	X	X	X
Explain how, through our work, we make a gift of ourselves.	X	X	X	X	X	X	X	X
Relate how work helps us fulfill a mission.	X		X	X	X	X	X	X
Describe love is a participation in the love of God himself; Love is total, faithful, fruitful, generous.		X	X	X	X	X	X	X
Explain that vocation is the way one makes a total gift-of-self.	X	X	X	X	X	X	X	X
Explain that God invites, and does not force, when he calls someone to the vocation of married life, consecrated life, or the priesthood, leaving the person free to respond.	X	X	X	X	X	X	X	X
Explain the nature of consecrated life as giving oneself totally to Christ and being a sign of our future life in heaven.	X	X	X	X	X	X	X	X
Explain that when God calls a man and a woman to the vocation of marriage, he is inviting them into a special sacrament of his love. (Ephesians 5)	X	X	X	X	X	X	X	X
RESURRECTION OF THE BODY AND PERFECT UNION WITH GOD								
Identify heaven as the free, perfect, mutual communion between God and human beings, unending and full of joy, after this life.	X	X	X	X	X	X	X	X
Explain how joy, peace, and happiness in this lifetime a foretaste of heaven.	X	X	X	X	X	X	X	X
Explain what will happen to the body at the Resurrection.			X	X	X	X	X	X
State that while keeping masculinity and femininity in their risen bodies, they “will take neither wife nor husband.”			X		X		X	
State that the soul’s vision of God will completely delight and satisfy the human person, bringing the fullness of happiness.	X	X	X	X		X	X	X
Recognize that in heaven there will be profound unity and harmony between the soul and the body.			X	X		X	X	X
Discuss that at the Resurrection we will experience the most perfect communion with God and others.	X	X	X	X	X	X	X	X
Identify ways where God is, or was, present in their own life.		X	X	X	X	X	X	X
Discuss how at the Resurrection we will see as God sees and the bodies of the redeemed will perfectly reveal his love.		X	X	X			X	X