



Session 2

Love Defined: Giving vs Using

Love Defined

Session objectives

- **Our existence is seen through the spousal meaning of the body**
- Love vs use
- Sin and lust as a distortion of truth
- Chastity and its applications



Love Defined

Quick questions...

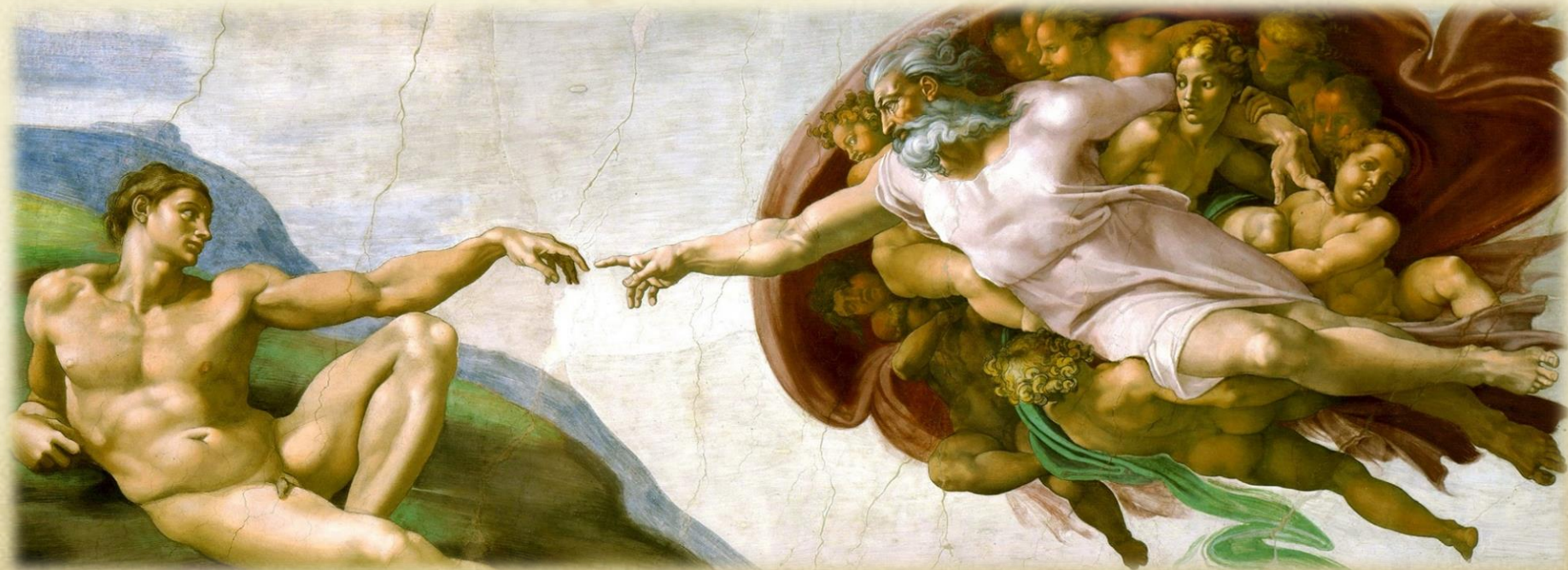
- What is my purpose in life?
- What is the purpose of my sexuality?



Love Defined

In Genesis.....

- Made in the image & likeness of God
- Identity is in our relationship with God
- Created for love – to be a GIFT



Love Defined

The Spousal Meaning of the Body...

- My body does not make sense....
- Meant to be a gift – created for **LOVE**
- Giving & receiving



Love Defined

Song of Songs 4: 9, 12

You have ravished my heart, **my sister, my bride**; you have ravished my heart with one glance of your eyes, with one bead of your necklace.

A garden enclosed, my sister, my bride, a garden enclosed, a fountain sealed!

Love Defined

Theology of His Body

Strength & Mission

- Interior vs Exterior strength
- “But I say to you that everyone who looks at a woman lustfully has already committed adultery with her in his heart” (Mt 5:28-28)
- Man as the initiator of love & life (his mission) – stamped on his body!
- The distortion of this call



Love Defined

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Love Defined

Theology of Her Body

Beauty & Mystery

- Mystery: “know anything” vs “know everything”
- Holy of Holies – set apart
- Mystery meant to be revealed, not exposed
- Beauty – not just physical, but in her whole personhood!



Love Defined

The Spousal Meaning of the Body...

Strength

&

Mission



Beauty

&

Mystery

Love Defined

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Love Defined

What is love?

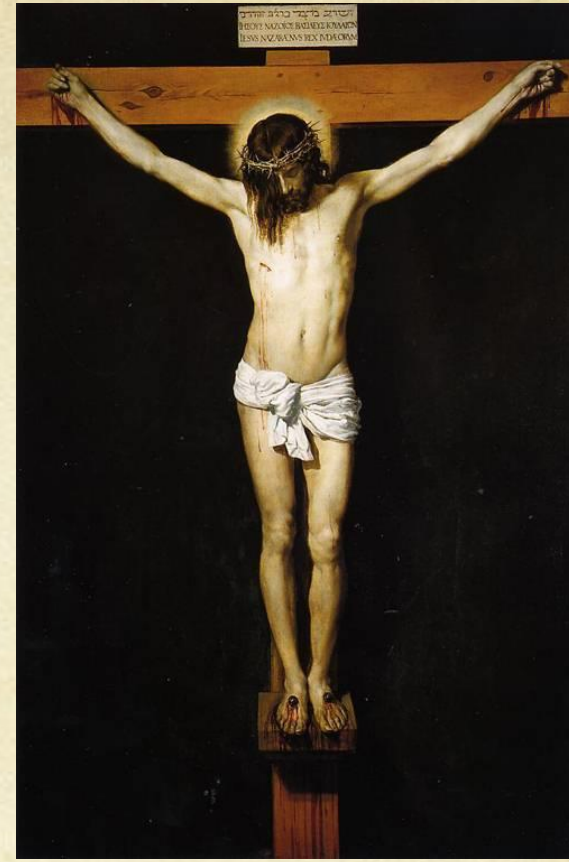
1. Love is....
 - a) feeling/emotion
 - b) a decision
 - c) both feeling + decision
 - d) other_____



Love Defined

1 Cor 13: 4-8, 13

- always patient and kind;
- never jealous;
- not boastful or conceited,
- never rude and never seeks its own advantage,
- does not take offence or store up grievances.
- does not rejoice at wrongdoing, but finds its joy in the truth.
- always ready to make allowances, to trust, to hope and to endure whatever comes.
- never comes to an end.



Love Defined

What is love?

1. Love is....

a) feeling/emotion

b) a decision

c) both feeling + decision

d) other_____



Love Defined

What is love?

- “...not merely a feeling, but an act of will that consists of preferring, in a constant manner, the good of other to the good of oneself” – JP II
- Give vs Use
- Intense emotions?
- Active decision – to give oneself to another and to do so totally (self-donation)

Love Defined

The 3 Stages of Love

Love as Attraction

Recognizing the good of another person; seeing the inner and outer beauty of the person



Love as Desire

Wanting a good for yourself; desiring goodness and happiness

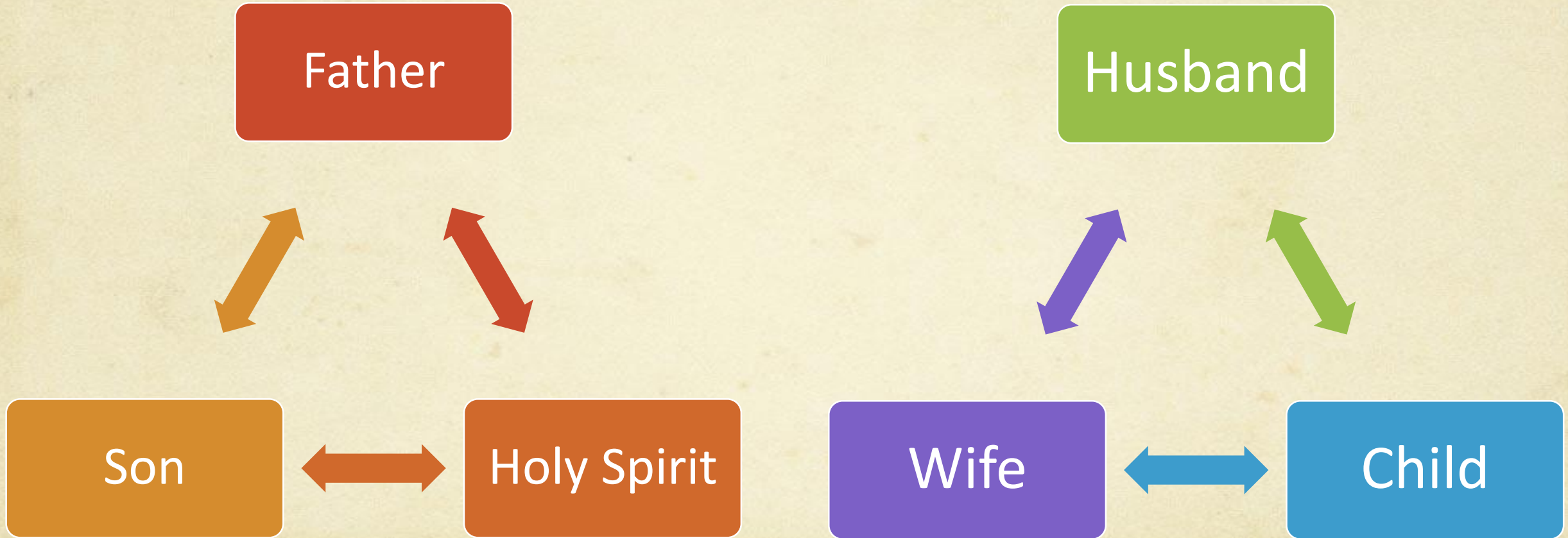


Love as Goodwill

Willing (or desiring) the good of another person

Love Defined

Love as a Communion of Persons



Love Defined

Love as a Communion of Persons

- Let *US* make man in *OUR* image & likeness.... (Gen 1: 26)
- Love cannot be in isolation, but only in a “communion of persons”
- “Man cannot fully find himself except through the sincere gift of self” – Gaudium et Spes 24
- Man deserves only love – we should never treat anyone with anything less than love

Love Defined

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Love Defined

Sin

- “missing the mark”
- Desire and Lust – what is the difference?
- “Lust is disordered desire for or inordinate enjoyment of sexual pleasure. Sexual pleasure is morally disordered when sought for itself, isolated from its **procreative** and **unitive** purposes” (CCC 2351)



Love Defined

Sin

- Lust – a distortion of truth
- Abstinence – a “No” to sex
- Chastity – a “Yes” to love and
“a sure way to happiness”
(Love & Responsibility
p.172)



Love Defined

Love vs Lust

Directed towards **self-donation**

Affirms others as **persons**

Respects the body as **someone**

Sacrifices **oneself**

Yearns for **eternal joy**

Liberates us

Respects people's freedom

Reserved **only** for one

Embraces suffering

Rejoices in the gift of fertility

Directed towards **self-gratification**

Treats others as **objects**

Sees the body as **something**

Sacrifices **others** for oneself

Grasps at **fleeting pleasure**

Enslaves us

Manipulates and controls

Aimed at **any** pleasing outlet

Rejects suffering

Sees fertility as **burden/obstacle**

Love Defined

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Love Defined

Chastity – the misconceptions

- Many people are confused and think sexual desire is bad/impure
- I am taught that if I want to be pure, I should not think about sex
- Purity is only for “religious people” like priests and nuns
- Sexual desire is good as created by God so that male & female can be a gift of themselves to one another
- Thinking of sex does not make you impure
- Purity is for everyone – single, married, religious

Love Defined

Chastity

Chastity means the successful **integration** of sexuality within the person and thus the **inner unity** of man in his bodily and spiritual being.

Sexuality, in which man's belonging to the bodily and biological world is expressed, becomes personal and truly human when it is integrated into the relationship of one person to another, in the **complete and lifelong mutual gift** of a man and a woman.

- CCC 2337

Love Defined

Chastity

Chastity includes an apprenticeship in **self-mastery** which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy.

- CCC 2339

Love Defined

Chastity

- The virtue that directs all our sexual desires, emotions and attractions towards the dignity of the person and the real meaning of love
- When I am chaste, I am saying **YES to LOVE**
- Chastity makes no sense without Love. The whole purpose to be chaste is to love others as they deserve to be loved. Why? Because they are persons with dignity and not objects for pleasure

Love Defined

Chastity

- When I practise chastity, I am channelling my sexual desires into loving actions
- The more I practise chastity, over time and effort, I can gain **self-mastery** (I control my desires and not desires control me)
- Example: an Olympic gold medallist or a musician





Love Defined

Learning to be chaste

- Make a decision to be chaste person beginning today
- Good news is doesn't matter how sinful I was before, I can start to live a chaste life today!
- Develop habit of prayer
- Depending on God always, ask God to grant you purity and virtue of chastity
- When you are in temptation to lust over opposite sex, instead of repression, pray!

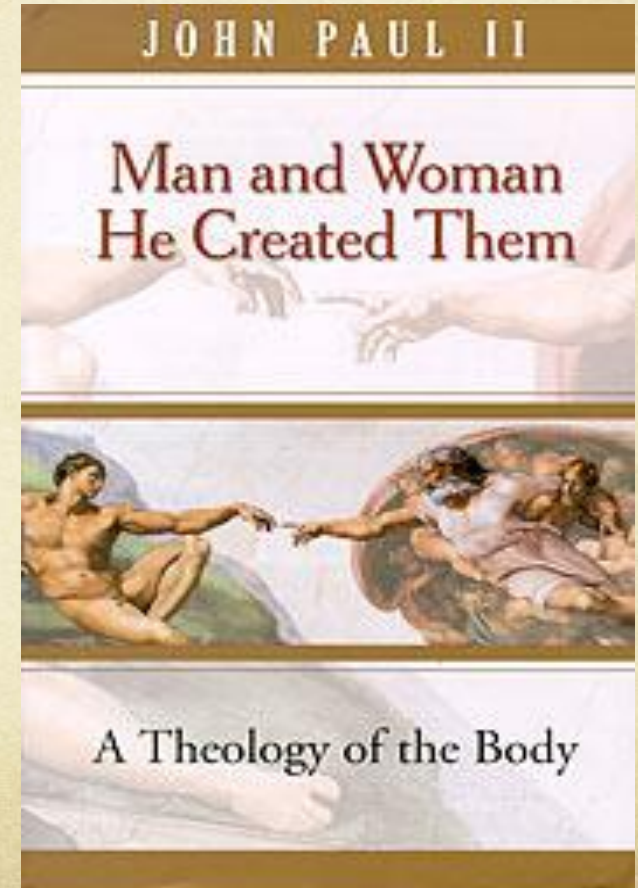
Closing Prayer

Lord, as You emptied Yourself for us on the cross, teach us to give ourselves totally to You and to others. Help us to sacrifice for those we love, to say “Yes” to the generosity of the Holy Spirit at work in us, and “No” to every temptation of selfishness.

Amen.

Resources

- Man & Woman He Created Them – John Paul II
- Catechism of the Catholic Church (CCC)
- Gaudium et Spes (Joy and Hope)



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