The Meaning of Human Sexuality

I have had a lot of people come to me and say;“Nice job in church – But, WHY are you doing these talks??”

So I thought that I would revisit the reason I get this opportunity to share with you some of the preparatory information regarding the World Meeting of Families.

The Catholic Church has always believed that its major strength comes from the strength of the families it serves.

Strong Faith = Strong Families = Strong Church. This example is very circular; each part relies on the other for its success.

To illustrate how important families are to the Catholic Church, it was decided to hold a major enrichment event. This coming September the Eighth World Meeting of Families will take place in Philadelphia, Pennsylvania.

In order to prepare hearts and minds for this meeting a catechism was published. Each chapter helps the reader understand more fully what our faith believes when it concerns families, family life, marriage and children. Even if you are not planning on attending the gathering in September, it is still beneficial to continue to explore your faith.

And that is what I am doing. I get a chance to read this catechism, and present to you all a glimpse into what I have been studying.

It has been lovely to study this and get to share it with you.

Last month I encouraged each to see one another’s worth. We need to see the good in those around us and realize the worth in all those that we share this earth with. Our faith is strong when we realize how sacred our lives and the lives around us are. We need to recognize that all of us play a part in Gods plan.

This plan begins with our creator, makes itself known through the Holy Spirits work in our human lives, then becomes complete when we follow that plan.

This month the subject to concentrate on is “The Meaning of Human Sexuality”- I will be the first to admit that when I turned open the catechism to this chapter and read the title, I was scared. My mind immediately came up with some decent excuses and reasons NOT to share with you today.

Thank goodness for prayer. And thank goodness for our Catechism.

In the catechesis preparing us for the World Meeting of Families it writes:

*The tangible, earthly, corporeal world is more than inert matter or modeling clay for the human will. Creation is SACRED. It has sacramental meaning. It reflects God’s glory. That includes our bodies. Our sexuality has the power to procreate, and shares in the dignity of being created in the image of God.*

*We need to live accordingly.*

Our sexuality is so sacred that when held with honor and chastity it creates a bond with God and that fulfills the covenant that He has made with us. Sex has spiritual significance.

Last year I had the unique opportunity to lead the 10th grade CCD class through the teachings of Saint John Paul II- specifically his amazing teaching called Theology of the Body. As a new member to the church I had not had the opportunity to encounter this information before. And I looked on this to be such a blessing to begin to see why God created us and why he gave us the gift of our sexuality.

A lot of the lessons focused on treating others with love and respect. Understanding that when you love someone, you want what is best for them. When you respect someone you see their purpose and worth and you wouldn’t do something to try and diminish that worth.

So I asked the question to the youth “when something is seen as not having worth; how is it treated?” I would follow with another question- “how easy is it to throw something away when you realize it only cost a dollar?”

My goal was to help them realize that if they see their sexuality as having worth and immense value then it only makes sense to treat it as sacred. What we have been given by God is an amazing gift. Our bodies were designed with greatness.

The catechism writes:

*Our bodies are not simply shells for the soul or sensory machines for the brain. Nor are they raw material we can freely abuse or reprogram. The body has innate dignity as a part of God’s creation. We cannot debase or abuse the body without inflicting a cost on the spirit.*

So we must hold true to the belief that our sexuality is a sacred gift from God. He gives us this gift to help fulfill the covenant that He has made with us. This gift we must protect, because it is a part of His divine plan. It is at the heart of why we as Catholics see life, from the tiniest of beginnings- to the time when we are called home to Him as holy and sacred.

We also believe that our fertility shouldn’t be treated like a disease to be controlled with medication or devices. We believe that the unborn are important, precious and need of extra protection. We believe that in the union of marriage, a man and woman help bring clear Gods covenant. In Genesis 1:26 it reads “Created together, man and woman are willed for each other”

I would encourage all families to not “Run and Hide”, as I had first wanted to, when discussing sex and sexuality within their homes. Understanding, that it goes way beyond wearing pink or blue. Expressing the reasons behind why we are made male and female will only bring to light how we are all worthy of love, respect and reverence.

There is divine purpose for our being. Brothers and sisters this is a BIG DEAL. Think on that- “Divine PURPOSE”. I believe the sooner we all understand this and communicate this within our homes, the sooner our children will respect themselves, their bodies and their sexuality.

To speak openly about these things shows our children, youth and others that there is beauty, not shame. There is purpose, not accidents. There is honor and worth, not substitutes or lies. Centering on the special unique gift of sex and sexuality will help fortify its importance.

Remember: Strong Faith = Strong Families = Strong Church

If anyone is interested in learning more about Theology of the Body or the World Meeting of Families, please contact me I would be more than happy to help.

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