2. OUR BODIES: SIGN OF OUR GREATNESS

“Theology of the Body”

In a series of 129 short talks delivered between 1979 and 1984, John Paul II helped the Church and the world to understand that man’s “call to greatness” is stamped right in his body as male and female. Known as the “theology of the body” (TOB), these talks, according to papal biographer George Weigel, represent “one of the boldest reconfigurations of Catholic theology in centuries” (WH, p. 336).

• Since it offers an extensive biblical reflection on the meaning of marital love, the TOB is often reduced to a teaching on marriage. It is that, but it also so much more!

• It is critical to realize that the TOB is not only for married people. The TOB provides a lens through which to view and understand the very meaning of existence.

• The TOB is for the married, the divorced, the engaged, the single, the consecrated celibate, Christians, Jews, Muslims, atheists, farmers, doctors, lawyers, janitors, politicians, homemakers, children, teens, adults, the elderly – in short, theology of the body is for everybody!