

## More Information

More information about *the theology of the body* can be found at the following address:

<http://grigaitis.net/tob>

At this address you will find articles and links to other recourses, many of them **free**.

*“Let Us make man  
in Our image,  
after Our likeness.”  
(Genesis 1:26)*



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# What is the meaning of Life?



**The answer is stamped in your Body!**

*The Theology of the Body*

At the beginning of his pontificate, between September 1979 and November 1984, Pope John Paul the Great delivered 129 talks to present a fresh biblical theology of marriage and love. The working title of these talks was *The Theology of the Body*.

Pope John Paul the Great takes us back to the beginning to understand who we are. The Bible begins with a marriage, the marriage of Adam and Eve, and ends with a marriage, the marriage of Christ and the Church. All the way through the Bible, marriage is the predominate theme. Marriage is a road sign that points to the meaning of life. “From the beginning, the “great

mystery” of man and woman’s communion in “one flesh” foreshadows the infinitely greater mystery of Christ’s communion with the Church.” (*Ephesians 5:31,32*)

“The body, and it alone, is capable of making visible what is invisible: the spiritual and the divine.” Every person desires one thing more than anything else: to love and to be loved. We are created in the image and likeness of God to love as God loves. This is *the theology of the body*.

## **Theology of the Body will teach you the meaning:**

- of your body
- of being male or female
- of your sexuality

## **The effects of Theology of the Body:**

- healing of relationships
  - within ourselves
  - with others
  - with Creation
  - with God