

# 1 ME - PERSON

## Is My Body Something I Have or Something I Am?



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“All the parts of the body, though many, are one body.”

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### Is the body something I have or something I AM?

**“All the parts of the body, though many, are one body”**

1 Cor 12:20.



**BUILDING UP LOVE**

**1 We want to give you a challenge:**

We invite you to reflect on a question about yourself, which maybe you have never thought about before...



**MY BODY: IS IT SOMETHING I HAVE OR SOMETHING I AM ?**

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**2 Get into two groups: those who believe the body is “SOMETHING I HAVE” and those who think the body is “SOMETHING I AM”. Each group can present the rest of their arguments...**



THE BODY IS SOMETHING THAT...	
...I HAVE	... I AM

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Is the body something I have or something I AM?



3 Did you come to an agreement?

Now we would like you to focus on the images below and answer the questions:



Do you remember the last time you had a stomach or tooth ache? How did you feel?

Was it just your stomach or tooth that hurt?...Or did all of YOU feel bad?

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What do you feel like when you're cold?

Does only your arm shiver? Do only your ears get cold? Is it just your skin that feels the sensation of being cold, or does all of YOU get cold?

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Look at these three kids. Their names are Peter, Claire, and Aaron. What are they doing ?



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Where are their voices coming from? Just from their vocal chords? What are they singing with? With their heart, with their voice?...Who is singing?

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Look at the drawing of this woman. She is pregnant and is holding her belly in her hands. Why do you think she is doing this gesture? What do you think she feels?

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Does all of her feel her baby, or only her hands?

Does she just feel her baby's hand, or does she feel her baby's body?

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4 Next, look at these images.

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Are you able to identify who the figures are?      Why? \_\_\_\_\_

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*Lovers*, René François Ghislain Magritte

Now, we are going to show you some other figures. Do you know who they are?

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**5** Lastly, take a look at this house. What is unusual about it?



How would you go inside? How could you look out?  
...How weird! That doesn't make sense!...Right?  
What about your BODY? Does it have doors and windows?  
What sense does your body have?  
Is there something written in it?



My body is not something extra added on to my person. It is part of my person.

I express myself through my body, my hands, my posture, my gaze, my voice.

My body speaks to other people about me. When they look at me, they see my body. They recognize me through my body.

And I am capable of communicating with others through my body.