

# 1 ME - PERSON

## The Body as an Expression of My Person



3

“Your whole body is full of light”

Lk 11:36.

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## The Body, Expression of My PERSON

“Your whole body is full of light.”

Lk 11:36



We need to communicate with other people...Means of communication are taking over, and every day we have access to new ways to get in touch. If we need to know how a friend is doing, we send them a text or an email, or we leave them a message on their Facebook wall...and in these messages we use emojis.

1 Can you indicate what each one is expressing?



- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_

2 Why do you think that we use these images in our messages? Reflect, think about it, and share your answer with your classmates.



\_\_\_\_\_

\_\_\_\_\_

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3 Observe these images.



CELL PHONE

PERSON  
+  
PERSON



How do you interact with your friends? \_\_\_\_\_

\_\_\_\_\_

Which means do you use most? \_\_\_\_\_

Is it the same type of relationship ? \_\_\_\_\_

**4** In front of this type of "cyber" communication, we invite you to do a little experiment with two pairs of classmates: two male and two female volunteers (preferably friends).

The exercise is the same for both pairs:

- Get up and stand a few feet apart, facing each other.
- Tell them to imagine that they are meeting after not seeing each other for a long time. They need to act out how they would greet each other: a hug, a kiss, saying something...
- The pair of girls leaves the room so they can't see the guys' skit; theirs will be more spontaneous this way.

If someone who didn't know them were to see them greeting each other like this, what would they think? That they're friends? That they care for each other?...



	Answer
Guys	
Girls	

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Did the girls and guys express themselves in the same way? What differences did you see? Share your impressions with your classmates.



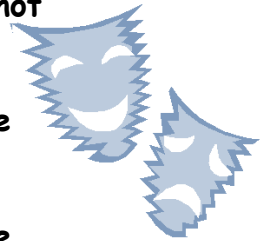
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5 Now, we'll play a game of CHARADES.

- You can make three groups and give each group 4 cards containing 4 actions that have to be acted out by 4 members chosen from each team.
- Talking, making noises, drawing or writing are not allowed. All you can do is mime the action.
- While the first group acts out their action, the rest of the class tries to guess what it is.
- Whoever guesses correctly wins 1 point. At the end, the group with the most points is the winner.



	GROUP 1	GROUP 2	GROUP 3
ACTION 1			
ACTION 2			
ACTION 3			
ACTION 4			
SCORE			

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6 Imagine that you're going to study abroad in another country for a whole year, far from your family...

A few years ago you would have only been able to communicate with your family members by letter. And the mail took several days to arrive. You could also make a few phone calls, but it was very expensive.

With the first cell phones, you could have conversations more often.

After months and months away from home, for sure you would feel the need to hug your parents and siblings!

Today, advancements in technology allow us to share images, as well.



1



2



3



4



Which of these things allows you to communicate better?

\_\_\_\_\_

What has made communication easier? Why?

\_\_\_\_\_

\_\_\_\_\_

5



5

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7 Have you ever seen the Sistine Chapel?



We invite you to read this text...

"Shortly after the death of Michelangelo, Paolo Veronese was called before the Inquisition, accused of having painted inappropriate figures around the Last Supper.

The painter responded that nude bodies were also painted in the Sistine Chapel, with little reverence. The inquisitor himself defended Michelangelo with a response that would later become famous: **"Do you not know that there is nothing in these figures save what is of spirit?"**

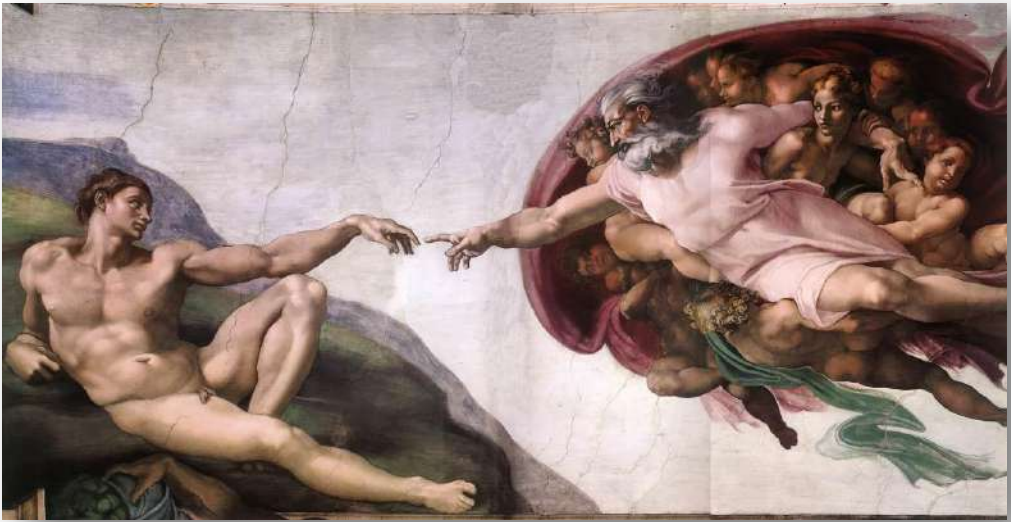
What does this sentence mean? \_\_\_\_\_

\_\_\_\_\_

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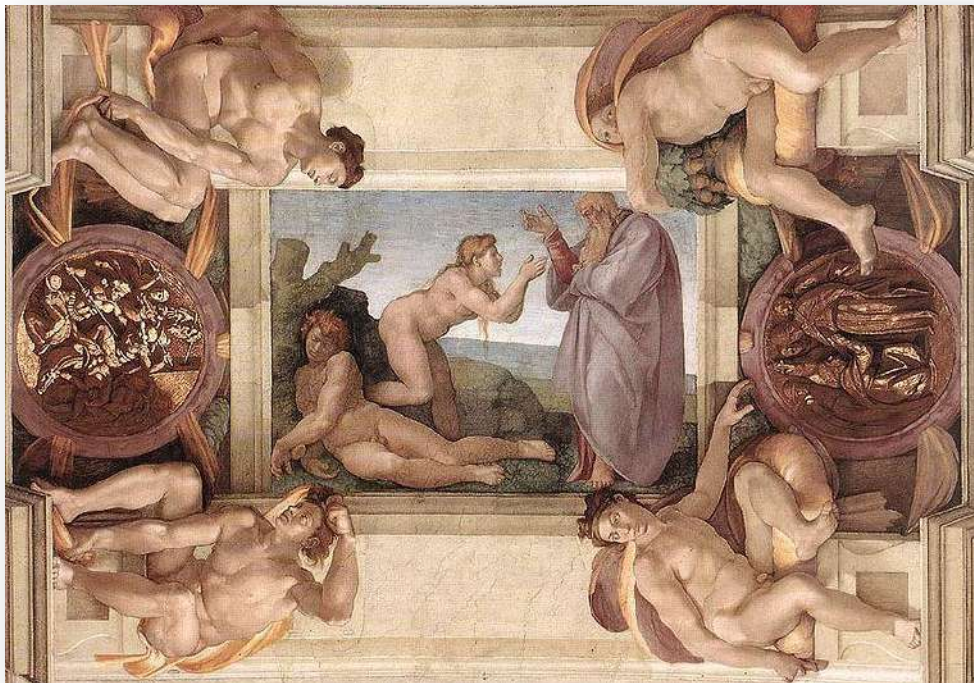
## The Body, Expression of My PERSON



*"The Creation of Adam" by Michelangelo*

Since modern times it has been difficult for us to understand these words, because the body seems like inert, heavy matter, opposed to the knowledge and freedom proper to the spirit. But the bodies painted by Michelangelo are full of light, life, and splendor.

He wanted to show, in this way, that our bodies conceal a mystery. In them, the spirit is manifested and acts. They are called to be spiritual bodies, as St. Paul says (cfr. 1 Cor 15:44).



*"The Creation of Eve" by Michelangelo*

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We can ask ourselves: can this destiny of the body enlighten the stages of its journey? If our body is called to be spiritual, should not its history be that of the covenant between body and spirit? Indeed, far from being opposed to the spirit, the body is the place where the spirit can dwell. In this light it is possible to understand that **our bodies are not inert, heavy matter but, if we know how to listen, they speak the language of true love.**

Extract from the Audience of Benedict XVI  
to the members of the Pontifical John Paul II Institute (05.13.11).

We invite you to relate this text to the importance we are giving to becoming familiar with the parts of the tent.

What sense is there in pitching a tent if not to go inside, to live there?



My body is part of my person. I am my body. My body reveals my person and, therefore, my body speaks about me.

It is the visible part of what is "invisible" in me; it is my means of communication, through which I can share and express my ideas, worries, desires, and affections.

My body allows me to be close to others. In my masculine or feminine body is written my need for the other, my call to self-donation and communion.

But not only my body is RELATION; rather, it has a special code that I need to learn to discover and decipher, so that I can find its true meaning.

Both the limitations and greatness of my body (how wonderfully made I am!) point me toward my origin in another, in my Creator. In God. In this way, my body is also the image of God, temple of God, house of God, the "tent" where God dwells.