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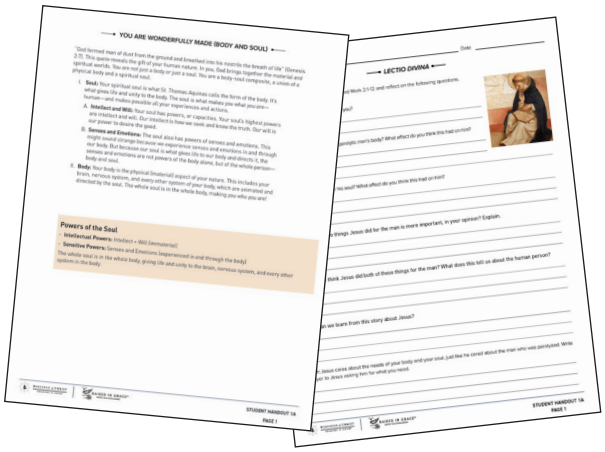
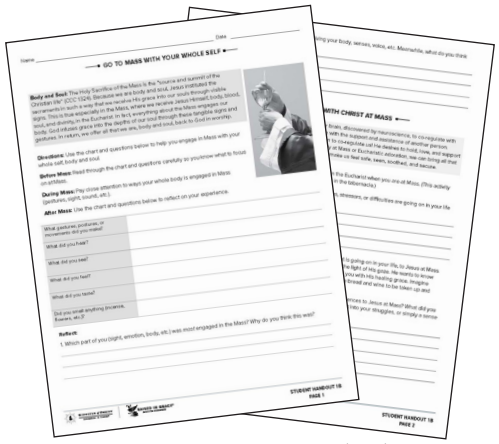
MADE FOR WHOLENESS™

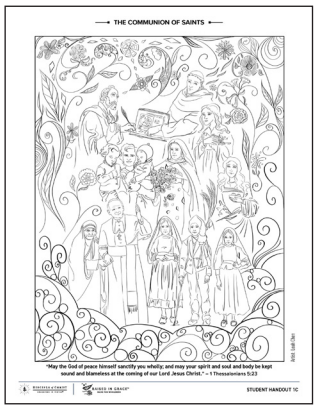
LESSON 1 HANDOUTS



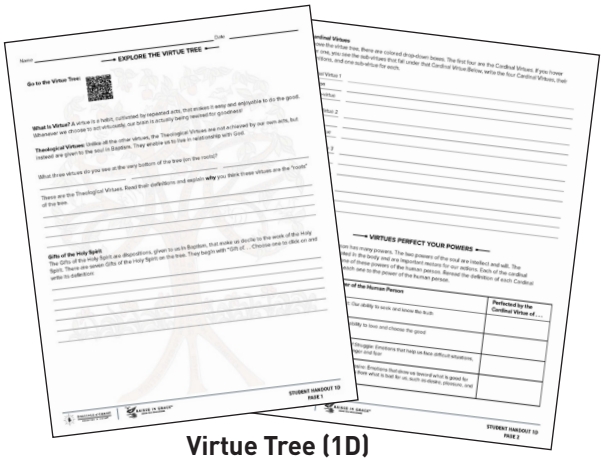
Strategy – Body and Soul, *Lectio Divina* (1A)



Strategy – The Mass (1B)



Saint – Coloring Page (1C)



Virtue Tree (1D)

YOU ARE WONDERFULLY MADE (BODY AND SOUL)

"God formed man of dust from the ground and breathed into his nostrils the breath of life" (Genesis 2:7). This quote reveals the gift of your human nature. In you, God brings together the material and spiritual worlds. You are not just a body or just a soul. You are a body-soul composite, a union of a physical body and a spiritual soul.

I. **Soul:** Your spiritual soul is what St. Thomas Aquinas calls the form of the body. It's what gives life and unity to the body. The soul is what makes you what you are—human—and makes possible all your experiences and actions.

   A. **Intellect and Will:** Your soul has powers, or capacities. Your soul's highest powers are intellect and will. Our intellect is how we seek and know the truth. Our will is our power to desire the good.

   B. **Senses and Emotions:** The soul also has powers of senses and emotions. This might sound strange because we experience senses and emotions in and through our body. But because our soul is what gives life to our body and directs it, the senses and emotions are not powers of the body alone, but of the whole person—body and soul.

II. **Body:** Your body is the physical (material) aspect of your nature. This includes your brain, nervous system, and every other system of your body, which are animated and directed by the soul. The whole soul is in the whole body, making you who you are!

Powers of the Soul

- **Intellectual Powers:** Intellect + Will (immaterial)
- **Sensitive Powers:** Senses and Emotions (experienced in and through the body)

The whole soul is in the whole body, giving life and unity to the brain, nervous system, and every other system in the body.

Name _____ Date _____

LECTIO DIVINA

Lectio Divina: Read Mark 2:1-12 and reflect on the following questions.

1. What word or phrase touched you?

2. What did Jesus do for the paralytic man's body? What effect do you think this had on him?

3. What did Jesus do for his soul? What effect do you think this had on him?

4. Which of the two things Jesus did for the man is more important, in your opinion? Explain.

5. Why do you think Jesus did both of these things for the man? What does this tell us about the human person?

6. What can we learn from this story about Jesus?

Prayer: Jesus cares about the needs of your body and your soul, just like he cared about the man who was paralyzed. Write a prayer to Jesus asking him for what you need.

Name _____ Date _____

GO TO MASS WITH YOUR WHOLE SELF

Body and Soul: The Holy Sacrifice of the Mass is the "source and summit of the Christian life" (*CCC* 1324). Because we are body and soul, Jesus instituted the sacraments in such a way that we receive His grace into our souls through visible signs. This is true especially in the Mass, where we receive Jesus Himself, body, blood, soul, and divinity, in the Eucharist. In fact, everything about the Mass engages our body. God infuses grace into the depths of our soul through these tangible signs and gestures. In return, we offer all that we are, body and soul, back to God in worship.

Directions: Use the chart and questions below to help you engage in Mass with your whole self, body and soul.

Before Mass: Read through the chart and questions carefully so you know what to focus on at Mass.

During Mass: Pay close attention to ways your whole body is engaged in Mass (gestures, sight, sound, etc.).

After Mass: Use the chart and questions below to reflect on your experience.

What gestures, postures, or movements did you make?	
What did you hear?	
What did you see?	
What did you feel?	
What did you taste?	
Did you smell anything (incense, flowers, etc.)?	

Reflect:

1. Which part of you (sight, emotion, body, etc.) was *most* engaged in the Mass? Why do you think this was?

_____

_____

_____

2. Many things happened during the Mass involving your body, senses, voice, etc. Meanwhile, what do you think was happening in your *soul*?

_____

_____

_____

CO-REGULATION WITH CHRIST AT MASS

Co-regulation: The Mass can also satisfy the need of our brain, discovered by neuroscience, to co-regulate with another. Co-regulation is how we can find emotional calm with the support and assistance of another person. Jesus Christ, present in the Eucharist, is the perfect person to co-regulate us! He desires to hold, love, and support us in all our emotions and experiences. In prayer, especially at Mass or Eucharistic adoration, we can bring all that we are feeling and experiencing to Jesus and allow Him to make us feel safe, seen, soothed, and secure.

Directions: Use the below to seek co-regulation with Christ in the Eucharist when you are at Mass. (This activity could also be used for Eucharistic adoration or a visit to Jesus in the tabernacle.)

Before Mass: How are you feeling? What emotions, experiences, stressors, or difficulties are going on in your life that you could bring to Jesus at Mass?

At Mass: Consciously bring all that you are thinking and feeling, all that is going on in your life, to Jesus at Mass. Do not "filter" your thoughts and feelings but bring them honestly into the light of His gaze. He wants to know exactly what is going on in your mind and heart so He can touch and fill you with His healing grace. Imagine placing your thoughts, emotions, needs, and desires on the altar with the bread and wine to be taken up and transformed by Jesus' power.

After Mass: What was it like to bring these emotions, thoughts, and experiences to Jesus at Mass? What did you feel and experience in doing so? Did you experience greater peace, insight into your struggles, or simply a sense of resting in Him?

THE COMMUNION OF SAINTS

Artist: Leah Chen

"May the God of peace himself sanctify you wholly; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ." —1 Thessalonians 5:23

Name _____ Date _____

EXPLORE THE VIRTUE TREE

Go to the Virtue Tree:

What Is Virtue? A virtue is a habit, cultivated by repeated acts, that makes it easy and enjoyable to do the good. Whenever we choose to act virtuously, our brain is actually being rewired for goodness!

Theological Virtues: Unlike all the other virtues, the Theological Virtues are not achieved by our own acts, but instead are given to the soul in Baptism. They enable us to live in relationship with God.

What three virtues do you see at the very bottom of the tree (on the roots)?

_____ _____ _____

These are the Theological Virtues. Read their definitions and explain **why** you think these virtues are the "roots" of the tree.

_____

_____

_____

_____

Gifts of the Holy Spirit

The Gifts of the Holy Spirit are dispositions, given to us in Baptism, that make us docile to the work of the Holy Spirit. There are seven Gifts of the Holy Spirit on the tree. They begin with "Gift of. . . Choose one to click on and write its definition:

_____

_____

_____

_____

_____

_____

Cardinal Virtues

Above the virtue tree, there are colored drop-down boxes. The first four are the Cardinal Virtues. If you hover over one, you see the sub-virtues that fall under that Cardinal Virtue.Below, write the four Cardinal Virtues, their definitions, and one sub-virtue for each.

Cardinal Virtue 1 _____

Definition _____

One sub-virtue _____

Cardinal Virtue 2 _____

Definition _____

One sub-virtue _____

Cardinal Virtue 3 _____

Definition _____

One sub-virtue _____

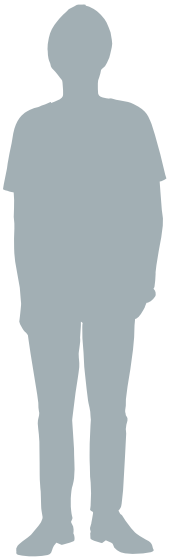
Cardinal Virtue 4 _____

Definition _____

One sub-virtue _____

VIRTUES PERFECT YOUR POWERS

The human person has many powers. The two powers of the soul are intellect and will. The emotions are rooted in the body and are important motors for our actions. Each of the cardinal virtues perfects one of these powers of the human person. Reread the definition of each Cardinal Virtue and match each one to the power of the human person.



Power of the Human Person	Perfected by the Cardinal Virtue of . . .
Intellect: Our ability to seek and know the truth	
Will: Our ability to love and choose the good	
Emotions of Struggle: Emotions that help us face difficult situations, especially anger and fear	
Emotions of Desire: Emotions that draw us toward what is good for us and repel us from what is bad for us, such as desire, pleasure, and disgust	