

PARENT / GUARDIAN CONNECTION

EIGHTH GRADE: TOB UNIT 4

THEME: ST. PAUL ON FLESH AND SPIRIT

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) unit, your child will dive deeply into the theme **St. Paul on Flesh and the Spirit**.

Our body and our natural desires are originally created good as a fruit of God's own goodness and generosity; however, sin has left its mark on human nature and has brought brokenness and disorder into our lives. Thus, in order to recover that original goodness, our bodies and our desires need to be transformed and redeemed. Pope St. John Paul II tells us that our hearts are not to yield to the concupiscence of the flesh but called to learn how to live a life according to the Spirit, where mankind is no longer enslaved to sin and passing attractions of the moment, but is able to be free and become who he was meant to be.

In this Unit, your child will read from Galatians 5:16-17, where St. Paul discusses the battle between the flesh and the spirit. He is not suggesting the body is bad like the heresy (error) of Manichaeism suggests, but that we are originally good, just in need of redemption. Ordering our desires towards what is good or helpful (as determined by God) and living according to the Spirit are necessary for salvation.

As the lessons proceed, the class will participate in an activity to discover that when we act impulsively upon our desires and emotions the result is often chaos and disorder; in contrast, when we allow the Holy Spirit to rightly order our desires, with a pure heart, we become free from the weight of selfishness and we can relate to God, ourselves, and others with a great reverence, and follow God's will for us.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTIONS:

Why is it important to order our desires and emotions? How does it affect others when we don't? How do we go about 'ordering' our desires and emotions with the help of grace? ***(Note to parents: Learning about and practicing virtue; attending mass and frequent confession help us in this struggle).**





FAMILY ACTIVITY:

Dollar Game — First, all must agree during this game to have a positive disposition, and no poor sportsmanship. Discuss and choose a family disordered emotion that affects everyone (ex. yelling, interrupting, not sharing, lying etc.). Place a jar on the kitchen counter, and each time someone falls into this disordered habit, that person places a dollar in the jar. At the end of the week, the person with the least penalties wins the jar!

FAMILY PRAYER:

I venerate you with my whole heart, O Most Holy Virgin, above all the Angels and Saints in heaven, as the beloved Spouse of the Holy Spirit; and I consecrate to you my heart with all its affections, beseeching you to obtain for me of the Most Sacred Trinity every help for my salvation.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of my death.

Amen. St. Paul, pray for us!

Want to learn more? Visit RuahWoodsInstitute.org/parents to view a TOB parent presentation.

