

Love Is Our Mission

The Family Fully Alive

Chapter 3: The Meaning of Human Sexuality Reflection Guide for individuals, couples, and small groups

If you have watched the introductory video for this chapter and then prayerfully read and responded to the catechesis using the reading guide, you will already have a solid understanding of the material.

The aim of this last step is to help you go even deeper—to synthesize the material in this chapter of the catechesis and to apply it to your life. The goal here is to grow in wisdom about marriage and the family so that we might live the truth and be happier. We want to be good soil on which the seeds of Christ’s teachings on marriage and the family bring forth abundant fruit (Mt. 13:8). We also want to be able to communicate these teachings to others in the spirit of 1 Pt. 3:15-16: “Always be prepared to make a defense to any one who calls you to account for the hope that is in you” with gentleness, reverence, and a clear conscience.

The “tools” we will use for small groups are the talking-piece discussion, the basic question, the written response, and the open-ended discussion. These are explained below and adapted for couples and for individuals studying on their own.

1. Opening Prayer

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

V. Send forth your Spirit, and they shall be created.

R. And You shall renew the face of the earth.

Let us pray.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations. Through Christ Our Lord. Amen.

2. Talking piece discussion

A talking piece is an object of some kind (like a crucifix, a small statue of a saint, a prayer card). When you are handed the talking piece, you have permission to speak. If you don’t have it, you are not supposed to talk. When you are done speaking, pass the talking piece to the next person.

The aim of the talking-piece discussion is to let the Holy Spirit speak through your mind and heart. When you share a personal experience or some insight you have gotten, both you and the other members of the circle benefit. When you have the talking piece, the idea is not to agree or disagree with what someone else has said—certainly not to show you are right and someone else is wrong—but to speak from your head and heart.

The group should sit in a circle, close enough so that everyone can easily see and hear each other.

While virtually any question can be the basis of a talking-piece discussion, we recommend you use the following question to open your small group discussion:

- What are you most moved to say about this chapter of the catechesis?

A couple can also use a talking piece because it might help them listen to each other better.

For individuals, we recommend you make this entire time of reflection a time of prayer. The ideal place would be in front of the Blessed Sacrament, but it can also done in any suitable place. One could use a journal or just respond in mental conversation with God.

3. Basic question

A basic question is a question simple enough to encompass an entire subject. In this case the subject is “The meaning of human sexuality,” chapter three of the catechesis *Love is Our Mission*.

- What is your response to the meaning of human sexuality that this catechesis presents?

4. Written Response

Take some time to respond to this basic question in writing. This lets you go deeper than you normally would and helps you articulate your thoughts.

5. Open-ended discussion

Now, the session can shift into a more free-wheeling discussion of the basic question above. The discussion should be moderated by the group leader so everyone gets an opportunity to speak.

Couples can discuss their responses and insights with each other.

An individual can talk with Our Lord about what he or she is learning and experiencing and then silently listen for God’s response.

6. Closing prayer

End with a closing prayer. The following petitions are based on chapter three of the catechesis. Of course, participants can add their own petitions if they wish.

The response is *Lord, help us live the truth.*

- ❖ O God, you have created the material world in which we live. Help us to see that the physical world, including our own bodies and their natural functions, is good and even sacred. We pray to the Lord.
- ❖ O God, in the seven sacraments, you transform good physical things into means of grace. In the sacrament of Matrimony that good physical thing is the human body. Help us always to honor and respect our own bodies and the bodies of other persons. We pray to the Lord.
- ❖ O God, may we care for and honor the physical lives of others through corporal works of mercy. We pray to the Lord.
- ❖ O God, the body and its acts are good in themselves but they are even better for the Christian because our bodies are temples of the Holy Spirit, and for this great honor we give you thanks. We pray to the Lord.
- ❖ O God, for our own misuse of our sexuality, help us to seek forgiveness in the Sacrament of Reconciliation and to amend our lives. We pray to the Lord.
- ❖ O God, you have made human sexuality to have its own meaning. Help us to recognize that meaning and humbly conform ourselves to it. We pray to the Lord.
- ❖ O God, you have made human sexuality the expression of the marvelous complementarity of masculinity and femininity. May we who are men appreciate and live the gift of our masculinity and always admire and honor the gift of femininity in women. May we who are women appreciate and live the gift of our femininity and always admire and honor the gift of masculinity in men. We pray to the Lord.
- ❖ O God, whether our vocation is to marriage or to celibacy, help us to find joy in the discipline of chastity, which is the correct ordering of our sexuality according to your plan. We pray to the Lord.
- ❖ O God, we ask that our own families be fully alive—places in which your love is visible and radiant. We pray to the Lord.

End with the *Prayer for the World Meeting of Families* (p. 117 of the catechesis).