

Respecting Sexuality

Lesson 29 Summary

Lesson Learning Objectives

- The participants will explore the positive nature of sexuality and its relationship to God.
- The participants will examine the Sixth and Ninth Commandments, which address fidelity to sexual relations within a sacramental marriage and the sexual temptations present in our society.

Content Summary

1. The Church's teaching on sex and sexuality is based on human reason, on Scripture, and on Tradition. Both Scripture and Tradition begin with the basic teaching that sexuality is one of God's greatest and most beautiful gifts to us.
2. The Sixth Commandment (you shall not commit adultery) and the Ninth Commandment (you shall not covet your neighbor's wife) simply remind us that the misuse of such a great gift can cause great harm.
3. Understanding our intimate relationships with others begins with understanding our own sexuality. God did not intend for our sexuality to be separate from our heart, our mind, and our spirit.
4. Touching another person, the physical expression of our sexuality, enables us to relate to another human being in a way that says, "This relationship is special." It must be a sign of our care and respect for the other person.
5. Sexual expression that involves genital activity is reserved for sacramental marriage.
6. God made sex for three purposes: (1) to create new life, (2) to express loving union, and (3) to bring us joy and pleasure. These three purposes cannot be separated from one another; they are parts of the whole picture.
7. Marriage is the only relationship that ensures that all three aspects of sex are integrated, woven into the minds, bodies, and spiritualities of the couple.
8. Marriage is a covenant, a sacred promise that people freely make and intend to keep faithfully. Sexual union is the sign of that covenant, that communion.
9. The Church's term for sexual integrity is *chastity*. Every person, single or married, is called to be chaste, to be healthy and honest, and to respect the sexuality of self and others.
10. The Catholic Church affirms that people with a homosexual orientation are children of God and must be treated with respect, compassion, and sensitivity. But the Church also teaches that homosexual acts are against natural law because they do not allow for the possibility of life.

(All summary points are taken from *The Catholic Faith Handbook for Youth, Third Edition*. Copyright © 2013 by Saint Mary's Press. All rights reserved.)

