

## Theology of the Body—Chosen by Love

*By: Claire Schiller, Foundation 3 Pietra Fitness Instructor*

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or Kneeling\*)** *Glory to you, Lord. “Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving.” Let my heart, therefore, be holy, true to you O Lord my God, so that all may know I belong to you. Have mercy on us, and be with us today as we think about being chosen by Love.*

**INTRODUCE TOPIC AND SCRIPTURE:** Isaiah 43:4 “You are precious in my eyes, and honored, and I love you.”

### BREATH-WORK & GRATITUDE

**BODILY PRAYER VERSE:** We love only because you first loved us, O Lord. (see 1 John 4:19)

**MEDITATION:** When you look at other people, what do you see? It is common in our world to look at another person and see an object of pleasure or of usefulness and to miss seeing the person altogether. This, of course, is not what God intended. In his theology of the body St. John Paul II describes the person as “someone willed by the creator ‘for his own sake,’...that is, someone unique and unrepeatable, someone chosen by eternal Love” (TOB 15:4).

“Chosen by eternal Love” means to be chosen by God who is Love. You are chosen by eternal Love. Every person you see is chosen by eternal Love. This reality should transform our relationships. When you live as a gift for another, not only do you find your true fulfillment, you also have the power to affirm the other person as a person, that is to live the fact that he or she is “someone unique and unrepeatable, someone chosen by eternal Love” (TOB 15:4).

**RESOLUTION: (Re-read Scripture)** You are willed for your own sake by the Father. You are chosen by His Love. You are unique and unrepeatable. Do you see yourself in this way? Your spouse, your family, your friends, are also willed by the Creator for their own sakes, chosen by His Love, unique and unrepeatable. Do you see each of them in this way? Come Holy Spirit, help me to see myself as you see me; help me to see all of your children as you see them.

**ENDING PRAYER (Kneeling\*)** Lord, we thank you for this opportunity to be able to come together- to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Mother of the Word Incarnate, pray for us; St. Joseph, pray for us, St. John Paul II, pray for us. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

