



Chapter 5

Sexuality, Marriage, Family

? What happens to birds that lose their wings?

- Lose the ability to fly.
- Finding food becomes difficult.
- unable to save themselves from enemies.
- Unable to travel and settle far away.
- Depends solely on legs for movement.

Changes occur in behavior, lifestyle, and environment, become isolated, and come to an end of infinite possibilities...

With the wings of wisdom and morality and the strength of love, one must not remain confined but rise above and soar beyond the shelter of the cloud of affection. As teenagers and young adults, we must be able to differentiate between 'friendship, romance, and love. We need to be careful not to lose our wings.

Friendship	Romance	Love
• A relationship that emphasizes affection, respect, trust and unity between two people. • A mindset that allows respectfulness, acceptance, and consideration. • A relationship free from the urge to compete, conquer, or defeat. • A mindset that gives and receives corrections, instructions, and suggestions for the good. • Philia, the primary level of love. • A relationship where the virtue of purity and mutual goodness thrive. • Friendships must be constructive, not destructive.	• Friendship rooted in sexuality and culminating in marriage. • Attraction and sensation towards the opposite sex. • Eros, a desire that seeks to satisfy physical pleasure, involving relationships driven by selfish gain. • Interest and attachment to things, ideas, or persons. • Emotional closeness and sensation resulting from chemical reactions in the body.	• A sentiment based on the goodness felt towards another person. • A supreme attitude that partakes of divine holiness (1 Cor 13:1-8). • A heartfelt affection and bond, characterized by patience, sacrifice, endurance, and care (Storge). • Renunciation and selfless dedication, filled with the Holy Spirit, for the good of humanity (Agape). • A clear reflection of God's love. • Supreme Divine Virtue • A sentiment that makes different people one, Just as the Father, Son and the Holy Spirit though distinct in essence, are One.



"Lord, I now am taking this kinswoman of mine, not because of lust, but with sincerity. Grant that she and I may find mercy and that we may grow old together" (Tob 8:7).



How do you differentiate friendship, romance, and love?



What are the characteristics of philia, eros, storge, and agape, the different forms of love?



What are the essential elements in love that make romance and friendship holy? Why? Discuss.

Love is the essence of the Triune God; all human love must be an image of God's love.

There should be nothing in our love relationships that would stain divine purity.

It must endure until the end of life.

Romance, a function of the brain

- The information received through the five senses—eyes, ears, tongue, nose, and skin—is processed in the caudate nucleus of the brain, which produces romance hormones.
- The important ones among them are, oxytocin, known as the love hormone; dopamine, the happiness hormone; and phenyl ethyne amine (PEA), which causes addiction
- High levels of PEA lead to addiction, and low levels lead to depression.
- To regulate the level of PEA, one needs to calm the mind. Prayer, meditation, reading, physical recreation, being with family, listening to music, exercising, hobbies, etc. will help in this respect.
- An addicted mind is the workshop of the devil. We must be cautious not to get into situations that lead to addiction so that the rhythm of life is not disrupted.
- The body, especially the five senses, should be kept holy.

Sexuality: A Divine Gift

? What thoughts does the word 'sex' or 'sexuality' evoke in us?

- The ability to love and to be loved.
- Ability to give birth to children.
- Peculiarities in male and female body structure.
- Conjugal relationship between male and female.

To understand sexuality in its proper sense, one must understand the difference between sex, gender, and sexuality. However, the same word 'Sex' is generally used to represent all three.

Sex	Physiological and psychological characteristics (reproductive organs, hormones, chromosomes, etc.) embedded in males and females, anatomy in brief.
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What is love

Discuss what Youcat says about love in question 402.



Let's read the Word
(1 Cor 13:1-8)



“But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart.”
What is the essence of Jesus' words?
(Mt 5:28)

The word 'sex' originated from the Latin word Sexum, which in turn is derived from the Greek word SACARE. It means 'cut off' or 'divided'. This implies that something that was once one is now divided.

Gender	Socially prescribed characteristics (dress, mannerisms, etc.) of a person's behavior, attitudes, feelings, etc.
Sexuality	The totality of abilities, feelings, and emotions that men and women have to love each other, and thereby give birth to children.

The meaning of sex

- An expression of God's love and plan
- A blessing to participate in creation
- Divine Order in the Structure of the Body
- An instrument for equality between men and women and God's blessing

Sexuality is the gift of emotions and sensations bestowed by God upon humans to lead them, through marital relationships, to love and procreation.

The goals of sexuality

- Man-woman relationship based on love
- Procreation
- Family formation

The uniqueness of sexuality

- 1. It is a divine gift:** "God created them male and female" (Gen 1:27). Even though as individuals they are equal, they differ physically, mentally, and emotionally. Being male or female is according to the divine will. Therefore, one should accept one's bodily condition and be grateful to God. *It is a precious divine gift to participate in the creation. Gender change is an evil against the divine plan.*
- 2. Sexuality is creative power:** Sexuality, which manifests in individuals in different ways and brings contentment, is a divine gift of creative power. It is the ability to express love through psychological, emotional, and physical abilities. *It is the ability to give shape to something new by combining Imagination, thought, and creativity.*
- 3. A call to purity:** A person who values their own sexuality will respect the sexuality of others. Just as one does not allow anyone to invade their sexual privacy, one should not invade the sexuality of others. To achieve this, one



What is meant by sex?



Discuss Youcat Question 401. (Is there a priority of one sex over the other?) Why is sexuality a call to grow in virtue?



Why is sexuality a call to grow in virtue?

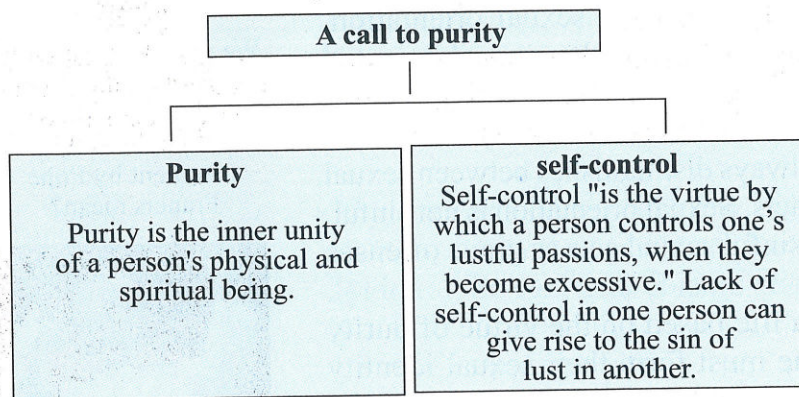


"Do not be enslaved to desires. They will gore you like a bullock...They will destroy your fruits. You will become a withered tree" (Sir 6:2-3).



What is the stance on dressing in terms of 'purity'?

must practice the virtue of purity. **Individuals must observe 'self-control' to conserve purity.**



Through purity, we can avoid tempting others and ourselves falling into danger.

LGBTQIA+ Perspectives of the Catholic Church

- Today, gender theory interprets gender as a choice made by an individual, distinct from their natural sexual identity. It emphasizes differences beyond physical, mental, environmental, and social sexual conditions. This is called sexual diversity. A person's gender is determined not based on whether they are male or female, but on their personal choice. **A personal gender self-determination ignores the fundamental truth that human life is a divine gift and succumbs to the temptation to become one's own God (DI 57).**
- Christian anthropology, based on the account of creation in Genesis, says that God created man as male and female. Human identity is fundamentally understood from this difference. It underlies human relationships and the family. The Catholic Church opposes attempts to negate or alter the fundamental difference between male and female. When there is doubt about sexual identity, it is through integral education that one can accept one's body, as male or female. Teachers and parents have a crucial role in the formation of sexual identity (Dicastery for Culture and Education, Male and Female He Created Them, 2019).
- The LGBTQIA+ community must understand the fact that God is the Father of all. God's nature is characterized by mercy, compassion, and personal relationships. God



Discuss
Youcat 462.



Discuss Youcat
412. (Why is the
production and usage
of pornography
sinful?)

LGBTQIA+ (Sexual minority)

It is a term used to refer to individuals who express different sexual interests than those of the male and female sex groups. Lesbian, Gay, Bisexual, Transgender, Intersexual, Asexual, etc. (+). It has been found to have genetic, intellectual, and psychological causes for this. Persons who have undergone gender reassignment are called transwomen and transmen.

invites the righteous and the wicked, the good and the bad, to His kingdom (Mt 22:1-10, Lk 14:15-24).

- All individuals, regardless of their sexual orientation, possess inherent dignity. Therefore, they must be treated with respect and compassion, beyond their attitude. Unjust discrimination must be avoided (CCC 2358).
- The Catholic Church always distinguishes between sexual orientation and sexual acts. Sexual orientation is not sinful. The church considers sinful sexual acts as grave offenses (CCC 2357). **Sexual acts outside marriage are immoral.**
- All are called to live a life based on the virtue of purity (CCC 2359). Everyone must form their sexual identity in accordance with their faith and the teachings of the Church.



What is wrong with the idea that I can use my body as I please?

- This is a materialistic ideology that degrades the body to a mere object of pleasure.
- The cause of this mindset is the evils of the **desires of the flesh, the desires of the eyes, and the pride of life** (CCC 2514).
- This thought is influenced by obscene literature, videos, movies, and immoral perspectives of individuals'.
- This thought leads to sinful actions such as masturbation, homosexuality, adultery, and other sexual perversions for pleasure.
- It is an act against love.
- This thought pattern is against the purposes of sexuality and is a sin against purity.
- It is a sinful thought against sexual morality.
- **The body is the temple of God, and we have a duty to keep it holy.**

Sexual morality is the attitude toward sexuality that upholds holiness and safeguards purpose-driven goodness.

The body is not merely an object, it is a gift given by God. It is not something we acquire on our own, but rather, it is the temple where God dwells. Destroying the integrity and sanctity of the body is an act committed against oneself, one's parents, society, and ultimately against God—it is sin.



We must be treated with compassion those with sexual deviations.

"What does this statement by Pope Francis mean?"



No one can live as an experiment, nor can anyone die as an experiment. No one can love on a trial basis or accept a person temporarily for the sake of experimentation.

St. John Paul II.



- What would you do to avoid becoming the victim or the accused in such a situation? (Would you take precautions?)
- How can you identify the deceptions hidden in the name of love?
- Love without purity and prudence - what kind of challenges can it create.

Marriage and Sexuality



- Is marriage slavery and dependency?
- Can't we live without marriage?
- What is wrong with living together?
- What's wrong with marrying the one I love?

Have you faced such questions?

Have you had the similar thoughts?

"It is not good for the man should be alone; I will make him a helper as his partner" (Gen 2:18).

"A man shall leave his mother and father and be joined to his wife, and the two shall become one flesh" (Mt 19:5).

Marriage is God's choice and decision. In marriage, commitment and care based on love with mutual dependence become possible. The sexual dedication of husband and wife makes marriage complete. Mutual dependence is a sign of unity.

What is marriage? For What?

- To give shape to the social institution called family.
- To procreate and nurture offspring
- For community formation and preservation of cultures.
- For total self-giving love between man and woman.

Marriage is the covenant that forms the social institution of the family, grants men and women legal, religious, and social recognition to bring children into the world through a morally upright sexual life, live in unity, and sanctifies the spouses.

Lifestyles that deny marriage destroy the existence and moral values of society. It is also a stance against the divine plan.

The glory of Christian marriage

- Marriage is a revelation of God's plan (Gen 1:28).
- Consent and declaration to bear fruit of God's blessing and sharing in the creation
- The free mutual acceptance of men and women.
- It is a sacrament that gives divine life.
- A relationship that lasts till the end of life.
- A call to salvation through love, sacrifice, and suffering.

Essential elements of Christian Marriage Unity, inseparability, procreation and dedication to the welfare of the partner.

- Marriage ordained by God is for the good of the couple. It is for the procreation and nurturing of children. **Christian marriage is a lifelong covenant and sacrament.** Man and woman enter into marriage by free will and consent before God.



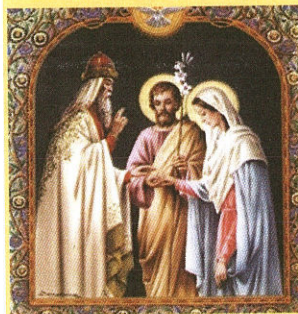
What are the views on marriage of the modern generation? Conduct a debate.



What are the risks associated with choosing a lifestyle that rejects marriage?



(Youcat 416)
Discuss, What are the essential elements of Christian marriage?



Christian marriage is glorious. What are the reasons?

- The Holy Bible begins with the creation of man and woman in God's image and ends with the vision of the marriage feast of the Lamb.
- Through this God-blessed relationship, the couple receives the grace to form a good society through procreation and nurturing.
- Marriage becomes a sanctifying act (sacrament) as a sign of relationship with Jesus and the Church.
- Those who receive the sacrament of grace must be worthy of it. In marriage, which is the only sacrament between two people, the man and woman must be eligible through baptism.
- One's unworthiness prevents another person's right to receive the sacrament and denies grace.
- Interfaith marriages, living together, forbidden marriages, same-sex marriages, polygamy, etc., outside of formal marriage, are all immoral, a violation of the sixth and ninth commandments, is evil.
- Marriage is a relationship that lasts till death. This inseparability can feel like a burden.
- Jesus, who blesses the marriage, also gives grace and strength to live married life.
- Couples who surrender themselves and embrace the hardships of married life, following Jesus, are able to live joyfully because Jesus, *the source of the entire Christian life, is also the grace and indissolubility of Christian marriage.*
- Therefore a sacramentally validly solemnized marriage cannot be absolved. Jesus taught that what God has joined together, let no one separate (Mt 19:6).
- *Divorce is a violation of Jesus' commandment, a sin, and a social evil.*

Family

? Love, sexuality, and marriage are directed towards the family. Right or wrong?

The love between man and woman, which embraces the holiness of God's love, progresses towards the communion of family through marriage and life-giving sexuality.

What is family?

- A social institution consisting of father, mother, and children.



How does marriage become a sacrament?



If it's difficult to live together in a marital relationship, what's wrong with separating?

The marriage of two baptized persons is a sacramental contract, which no human power can dissolve (CCEO 853).



Is it wrong to marry someone whom I like?

What is the Church's stance on people with same-sex attraction?

God created human beings as male and female. This is intended for the procreation of children through their relationship.

Since same-sex relationships do not allow for the union of man and woman or the possibility of procreation, the Church cannot approve such tendencies. However, these individuals deserve special love, care, and respect, for all human beings are created and loved by God (Youcat 65).

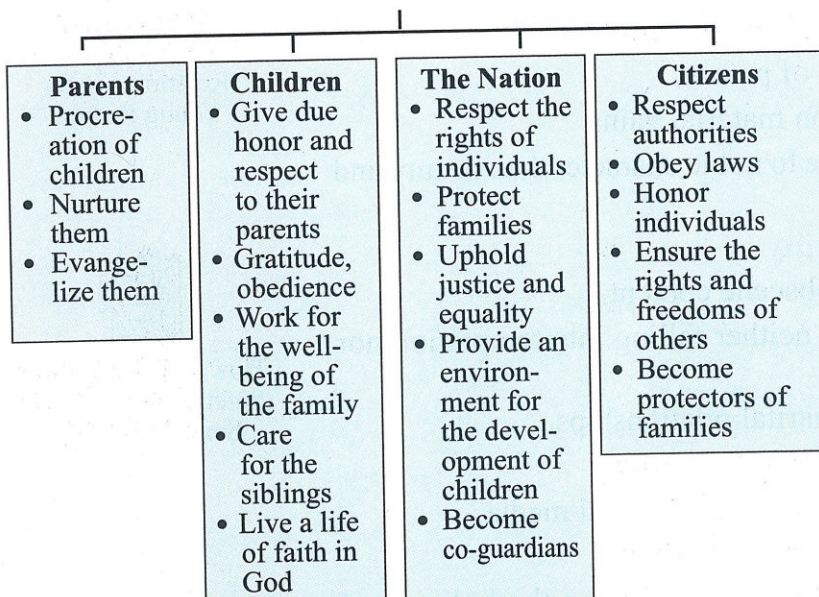
- The epicenter of all relationships.
- The primary forum where responsibilities, duties, and rights are recognized and practiced.
- A school of social life and sharing.
- The foundation of society.
- A place of care and nurture.
- The space where the origin and holistic development of a person is made possible.

The Christian Family (CCC 2202-2207)

- The family is a communion that serves as both a sign and reflection of the unity within the Father, the Son, and the Holy Spirit.
- The family, a small community of faith, hope, and love, is a dwelling place of divine grace.
- The domestic Church is filled with the Father's work of creation, the Son's mission of salvation, and the gifts and graces of the Holy Spirit
- It is the fundamental unit of social life.

The family is a small community where a person learns moral values, begins to worship God, properly exercises freedom, and practices righteousness (CCC 2207). It is the dwelling place of the covenant between God and humanity.

Responsibilities towards the Family



Organize a Debate:
Divorce is a Social Evil



"It is not good for the man should be alone; I will make him a helper as his partner" (Gen 2:18)



What happens if the institution of family collapses?



What is the Church's perspective on the Christian family?



"Young people desire great things... Jesus did not promise an easy life. Those who seek comfort have dialed the wrong number. Instead, He has shown the way that leads to substantial goodness and an authentic human life."

Pope Benedict XVI

We come from families, and through us, future families should be formed. The same applies to the nation and society. A sexual life that rejects marriage, children, and family is an immorality against both human society and the nation. It is a rejection of God's divine plan and an evil. Giving birth to more children is essential for the growth and progress of the family, society, and the survival of the community.

Let Us Be vigilant

1. When Choosing Friends

- Accept friendships that lead to goodness and avoid those that lead to evil.
- Be prudent and vigilant in friendships.
- Ensure there are no friendships that need to be hidden from family members.
- Maintain friendships based on spiritual and moral values, not just material factors.
- Avoid wrong relationships and behaviors, and distance yourself from those who encourage them.
- Ensure that friendships are free from deceit.

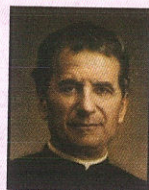
2. When Choosing a Life Partner

- Be certain that the choice is made with marriage as the ultimate goal.
- Ensure compatibility in terms of family, faith, personal character, social acceptance, and expectations of marriage.
- Consider the sacramental qualifications.
- Someone who leads a Christian faith life
- Respect the opinions of parents
- Do not focus solely on material gains
- Give more importance to noble character than beauty and talents

3. In Matters of Sexuality

- Avoid immoral and obscene content.
- Practice self-control, neither falling into temptation nor leading others into it.
- Stay away from premarital relationships.
- Reject actions that go against purity.
- Be cautious of the deceptions of social media.
- Do not engage in extramarital affairs.

All love relationships must be built upon the holiness of



"For a Family to be Filled with Joy..."

Consider others first, speak only the truth, follow moral values, and choose only what is right. Control anger and forgive, do good in the best way possible, be grateful, and fill your heart with love. Live today in such a way that you will not be ashamed tomorrow.

St. John Bosco



Organize a Group Discussion: Lessons from Tobias' Marriage and Samson-Delilah's Relationship for Young People.



How Can We Build a Safety Net to Uphold Sexual Morality?

God's love. Safeguarding the sanctity of married life and upholding the holiness of life comes from recognizing that sexuality is a divine gift. The family is the first place where society is formed, values are shaped, and virtues are practiced. With the strength of love, we must soar on the wings of discernment and morality to glorify God.



My Convictions

- Sexuality is a sacred and divine gift bestowed by God.
- Marriage is a divine calling, a sacred choice, and a sacrament.
- The family, which reflects the presence of the Father, the Son, and the Holy Spirit, is the fundamental unit of the Church.



Let Us Read the Word of God

The Gospel of St. John
Chapters 17–21



Let us illuminate our hearts

"Your eye is the lamp of your body. If your eye is healthy, your whole body is full of light; but if it is not healthy, your body is full of darkness. Therefore consider whether the light in you is not darkness" (Lk 11:34-35).



My Resolution

I will carefully choose relationships that nurture the holiness of my soul and body, and I will remain close to God.