

Theology of the Body - Spousal Love

“Christ is the truth of this relationship, the fullness to which both partners point, and in whom their relationship is fulfilled. Only by letting him in is it possible for the most beautiful relationship that can happen in life not to be corrupted and die in time.”

-Father Carrón (excerpt from *Disarming Beauty: Essays on Faith, Truth, and Freedom*)

Intimacy (Into-me-see)

Inmost, innermost, deepest*

Fulfillment

A filling or carrying out, completion*

Reclaim

Cry out against, contradict, protest, appeal*

Spousal Meaning of the Body

Expresses the fact that my life is a gift and that I am called to make a gift-of-self. This is the deepest meaning of my life and what is most basically true about being a human, male and female, created in the image of God.**

Purity of Heart

Is the right ordering of desires which allows us to love what is truly good; to treat God, ourselves, and others with reverence. It is an attitude, an ability, a virtue that has its source in the heart and is expressed in action.**

Original Unity

The experience of man's unity-in-difference; the unique relation between male and female. Men and women share the same nature and the same dignity as being made in the image and likeness of God; they are embodied souls, yet they are different in their physical bodies which together form a complete picture of what it means to be human.**

*www.etymonline.com (Latin root)

**Standards for Christian Anthropology (cardinalnewmansociety.org)

TOB (Theology of the Body) is:

- For everyBODY
- More than just about sex
- Not just for the married, or the struggling marriage
- Man's "self-education" (what it means to be human)
- The source of meaning itself "the word"
- Giving + receiving (to become a gift to one another)
- An invitation to see the world sacramentally (as a sign)



"Consider it all joy, my brothers, when you encounter various trials..."

James 1: 2

John Paul II Quotes:

"As the family goes, so goes the nation, and so goes the whole world in which we live."

"The human being is single, unique, and unrepeatable, someone thought of and chosen from eternity, someone called and identified by name"

“...You will know the truth, and the truth will set you free.”

John 8:32

Visit YouTube for the music video and see lyrics on next page

“Musica-Divina” *Lover of the Light* by Mumford & Sons

Invite the Holy Spirit to reveal truth by entering into the mystery of the art form of music and video. Try to look beyond the video- in what is being expressed in the messaging and small details. Watch and listen, read the lyrics as well. Let it be like a meditative prayer- but with a video. This is a great example of viewing the world with the lenses of TOB/sacramentally- as all things ultimately point to God, even media that is not overtly Christian or Catholic. Feel free to watch two times or more to really enter in!

Lyrics that Pop

- “You may not trust the promises of the change I'll show” (think of God telling us that)
- “I have done wrong, you build your tower, but call me home and I will build a throne” (We build false towers in our hearts of things or people we idolize)
- “Stretch out my life and pick the seams out. Take what you like, but close my ears and eyes.” (God stretches us spiritually)
- Watch me stumble over and over” ...“Before I tumble... homeward” (we fall so many times while trying!)
- “So love the one you hold, and I will be your goal, to have and to hold... a lover of the light” (reflection of spousal love leading to the marriage feast- union with God)

Images that Stand Out

- Major theme: we never know what tomorrow will bring. When we enter into a union with another person, we are entering into a deeper union with the life of God (through his Son's Life, Death, and Resurrection) therefore we share in the cross of love.
- The Stag is like Christ, calling, leading him out, step by step in this intimate journey of the heart into freedom (no longer depending on the old ways (his white stick or his late wife, and dog). In this too, he overcomes his fears.
- It is through the cross of loss and of his blindness that he is able to see and experience a deeper connection with freedom (with God in total dependency).
- He goes through a blue door (white house) as he journeys without his cane out into the world (Marian colors)
- The image of spousal love is ultimately pointing him to Christ and an intimate spousal relationship with Him. One that offers lasting joy and fulfillment (we see him laughing in the end- ecstatic and exhilarated).

Reflection Questions

- What stood out to you the most when watching the video?
- What Lyrics resonated with you? Why?
- Can you find TOB themes of faith and God in the video or lyrics?

Practical Ways to be a “Lover of the Light”

- Go to the Sacraments
- Seek the counsel and wisdom of the Church
- Remain “open”
- Consecration to Jesus through Mary (“*totus tuus*”)
- Divine Mercy (love cannot give what it hasn't received)
- Place all of your fears, questions, barriers, wounds on the altar
- Let His Love heal you



Lover of the Light

Mumford & Sons



In the middle of the night, I may watch you go
There'll be no value in the strength of walls that
I have grown
There'll be no comfort in the shade of the
shadows thrown
But I'd be yours if you'd be mine

Stretch out my life and pick the seams out
Take what you like, but close my ears and eyes
Watch me stumble over and over

I have done wrong, you build your tower
But call me home and I will build a throne
And wash my eyes out never again

But love the one you hold
And I'll be your goal
To have and to hold
A lover of the light

Skin too tight and eyes like marbles
You spin me high, so watch me as I glide
Before I tumble homeward, homeward

I know I tried, I was not stable
Flawed by pride, I miss my sanguine eyes
So hold my hands up, breathe in and breathe
out

So love the one you hold
And I'll be your goal
To have and to hold
A lover of the light

And in the middle of the night, I may watch
you go
There'll be no value in the strength of walls
that I have grown
There'll be no comfort in the shade of the
shadows thrown
You may not trust the promises of the change
I'll show
But I'd be yours if you'd be mine

So love the one you hold
And I will be your goal
To have and to hold
A lover of the light

So love the one you hold
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Source: LyricFind

