"We need a new ‘language’ to break the silence and reverse the negativity. We need a fresh theology that explains how the Christian sexual ethic—far from being the prudish list of prohibitions it’s often assumed to be—corresponds perfectly with the deepest yearnings of our hearts for love and union.” John Paul II taught that “[a] return to God’s original plan for the union of the sexes is the only adequate starting point for building a culture that respects the meaning and dignity of human life.” The pope’s approach reveals what it is to be human, reveals the way that brings true happiness.

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About the Author
Christopher West is widely recognized for his work popularizing John Paul II’s theology of the body. His books (Good News About Sex & Marriage and Theology of the Body Explained), extensive lecturing, and numerous tapes have sparked an international groundswell of interest in the subject. Christopher teaches the theology of the body at St. John Vianney Seminary in Denver, the Institute of Priestly Formation in Omaha, and at the John Paul 11 Institute for Marriage and Family in Melbourne, Australia. He and his wife Wendy live in Pennsylvania with their three children.

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Theology of the Body for Beginners
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A Basic Introduction to John Paul II’s Sexual Revolution

by Christopher West

Broken families, abortion, AIDS, Internet pornography, clergy abuse, homosexual “Marriage” — our Church and world is in the midst of a profound sexual crisis.

Is there a way out?

For such a time as this have we been given Pope John Paul II and his “Theology of the Body.” Based on the words of Jesus, John Paul II’s reflections on the body and sex take us to the root of the modern crisis and chart the path to an authentic sexual liberation.
Yet the Pope's profound scholarship often intimidates the average person. In his previous book, *Theology of the Body Explained*, Christopher West offered a more detailed, five-hundred-page commentary on John Paul II's theology of the body. Here, he provides a short and popular summary of the Pope's revolutionary teaching.

*Theology of the Body for Beginners* explores the profound interconnections between sex and the deepest questions of human existence, including:

- Why is renewal of the Church (and society) dependent on the renewal of marriage and the family?
- How can following all the Church’s rules become natural and attractive to us? Why isn’t it already?
- Is the sexual revolution really to blame for so many of our current problems? What enabled the sexual revolution to happen?
- What will Pope John Paul II’s sexual revolution look like?

Check out the eight chapters of *Theology of the Body for Beginners*:

- What is the Theology of the Body?
- Before the Fig Leaves: God’s Original Plan for the Body and Sex
- The Entrance of the Fig Leaves: The Effects of Sin and the Redemption of Sexuality
- Beyond the Fig Leaves: The Resurrection of the Body
- Christian Celibacy: A Marriage Made in Heaven
- Christian Marriage: Imaging Christ’s Union with the Church
- Theology of the Bedroom: A Liberating Sexual Morality
- Sharing the Theology of the Body in a “New Evangelization”

And the discussion questions will help the truth sink into your mind and your heart!

- Questions are meant to connect our lives and faith
- Questions are designed to encourage sharing and reflection
- Questions emphasize the value of our experiences, thoughts, and feelings—our lives

Yes, those are the questions of life, but check out these:

- What is the meaning of life?
- Why did God create us male and female?
- How do we attain true happiness on earth?
- What kind of joys await us in heaven?
- Why is there evil in the world and how do we overcome it?
- How can we experience the love we long for in the depth of our hearts?

- What is the real difference between love and lust? Can a man lust after his own wife?
Theology of the Body is the topic of a series of 129 lectures given by Pope John Paul II during his Wednesday audiences in St. Peter’s Square and the Paul VI Audience Hall between September 5, 1979 and November 28, 1984. It constitutes an analysis on human sexuality. The complete addresses were later compiled and expanded upon in many of John Paul’s encyclicals, letters, and exhortations. Theology of the body in a “new evangelization.” “According to Pope John Paul II, if we live according to the true meaning of our sexuality, we “fulfill the very meaning of [our] being and existence.” The human body is a “theology” because it is meant to be a sign of God’s own life and love in the world. With clarity and precision, Christopher West unpacks John Paul II’s Theology of the Body, translating it into a language everyone can understand”--Amazon. John Paul II’s Theology of the Body provides great hope for this urgently needed renewal within the Church. When we view the Gospel message through the interpretive key of man and woman’s call to communion, not only does the Gospel message take on flesh, but even the most controversial teachings of the Church’s contraception, divorce and remarriage, homosexuality, an all-male priesthood, etc. begin to make beautiful sense. (p. 125). Feb 15, 2019 Sam rated it really liked it review of another edition. Theology of the Body for Beginners, Christopher West. Excellent book, full of great insight! Much needed material in our sexualized culture.
John Paul II’s Theology of the Body provides great hope for this urgently needed renewal within the Church. When we view the Gospel message through the interpretive key of man and woman’s call to communion, not only does the Gospel message take on flesh, but even the most controversial teachings of the Church—contraception, divorce and remarriage, homosexuality, an all-male priesthood, etc.—begin to make beautiful sense. (p. 125).