



How to Use the Video “Theology of the Body for Engaged Couples”

This video was created as a resource for marriage preparation in response to Archbishop Aquila’s “Instruction Concerning Education in the Theology of the Body and Natural Family Planning” where he stated that “marriage preparation classes will provide at least one-hour of education in the Theology of the Body.”

You are free to use your own ToB content and are not required to use this video in your preparation programs, but we hope that it will be a support to your work.

Our office has made this video available to you through a DVD copy or a password protected webpage. We are contractually limited to use this video only within our own archdiocese and for the sole purpose of supporting our own parish-based or diocesan marriage preparation programs. We ask that you don’t share the online password, make copies of it, or distribute it outside of our own archdiocese.

If you choose to use this resource, we recommend that you use it as part of a presentation or within guided sessions. We don’t recommend that you purchase extra copies of the DVDs for the engaged couples, unless you plan to have some follow up discussion.

You may discover many ways to utilize this resource in your own preparation program, but below are suggested ideas to get the most out of this presentation.

You can use this video:

- As your own marriage preparation program’s ToB presentation, with discussion questions provided.
- As content (with discussion questions) for a small group, led by a mentor couple, allowing couples time to talk privately with one another as well as to share within a group.
- As a Theology of the Body training resource for marriage preparation volunteers/NFP leaders/mentor couples/clergy.
- By taking select segments of the video to support your own presentation of ToB with engaged couples. We encourage you to show “Segment 1: Blueprint of Love” before your selected segment, so as to explain the context of the “house” analogy.



ARCHDIOCESE OF DENVER

Office of Evangelization and Family Life Ministries

Discussion Questions for “Theology of the Body for Engaged Couples”

Segment 1: Blueprint of Love

- Who has the blueprint of marriage?
- How does God himself show us the way of love?

Segment 2: Constructing Your House

- Summarize the key elements in constructing your house.
- What are the strongest and weakest aspects of your own house/relationship?

Segment 3: The Concrete Foundation: The Language of the Male Body

- What are “body cues” that you know or receive from each other and explain their meanings?
- Grooms, share with your bride your understanding of the language and meaning of the male body.

Segment 4: The Concrete Foundation: The Language of the Female Body

- Brides, share with your groom your understanding of the language and meaning of the female body.
- How do you each see the meaning of your body as important to the concrete foundation of a house/marriage?

Segment 5: The Structural Beams

- What are the 4 F’s of love?
- Choose two of the 4 F’s and describe what it means in the context of the marriage relationship.

Segment 6: The Roof of the House

- Discuss with one another what it means to trust in God in your marriage relationship.
- Discuss what it means to be a gift to one another and the specific ways you can do that for each other.

Segment 7: The Strong Walls

- Give an example of a specific area of personal woundedness and how it may affect your relationship.
- How can becoming more aware of your own personal woundedness help you choose responses that are for the good of your marriage?

Segment 8: The Thermostat

- Describe why reverence is so important in marital love.
- When we struggle with the virtue of reverence in marriage, how can the Sacrament of Reconciliation help?

Segment 9: The Electrical Wiring: The Fireplace and the Bedroom

- What are the two elements within every sacrament?
- Discuss the relationship between marital consent and conjugal love.

Segment 10: The Whole House: The Sacramentality of Marriage

- Why is trust important to a proper understanding of being in submission to one another?
- Discuss how Christ dying on the cross shows us how to love each other sacrificially.

Segment 11: The Front Door

- Openly discuss with one another what influences you in deciding family size.
- How may God help you in making these decisions for your family?

Segment 12: The Dining Room Table

- How can we compare the Mass with Marriage?
- Discuss how loving one another can be a powerful witness to the world of spousal love?