



Session 1: God's Eternal Plan of Love...*A Brief Overview of Theology of the Body*

Session 2: For Freedom Christ has Set Us Free...*Exploring What Freedom Is and Is Not*

Session 3: Love As I Have Loved You...*Exploring What Love Is and Is Not*

Session 4: Sexual Morality and the Freedom to Love...*The "Why" Behind the "What" of Catholic Teaching*

Session 5: Living the Freedom to Love...*Journey of the Interior Life*

Freedom to Love

What is Freedom?

The world tells us that freedom is the ability to do what you want, whenever you want, with whomever you want. But has this led to strong relationships, strong families, or strong communities? In reality, since the days of the "sexual revolution," the exact opposite has played out. Every day we see rampant sexual chaos, exploitation, broken families, and a lot of pain – all as a result of an abuse and misunderstanding of "freedom."

Recognizing the world's confusion, Pope John Paul II proclaimed the Theology of the Body (TOB) – a profound message of love and human sexuality. He turned the notion of freedom on its head, declaring it to be selfless rather than selfish. He says "freedom exists for the sake of love," meaning that "freedom is the means and love is the end." Therefore, authentic freedom always asks "what is the good of the other person," not "what's in it for me?"

In this powerful five-part study for young adults, popular author and presenter Christopher West lays out a convincing and refreshing road map to living a life of freedom. The concepts presented in this study will change everything, including your worldview.

Freedom to Love addresses critical questions, including:

- What is the Theology of the Body and how can it change my life?
- What does it mean to live a life of freedom?
- What does love look like and how do I live it?
- How can I tell the difference between love and lust?
- What is the problem with pornography?
- Doesn't contraception make me free?
- Does God have a plan for my future?

The class consists of DVD presentations given by Christopher West and discussions led by an experienced Facilitator. A student workbook filled with notes and discussion questions is provided to each participant.