Session 1: A Vision of Hope for the Heart

Session 2: “Nuptial Union”: A Call to Deep Intimacy with God

Session 3: The Body: A Witness to Love

Session 4: The Body: A Sign of God’s Mystery

Session 5: The Heart: A Battlefield between Love and Lust

Session 6: The Dimensions of Lust in the Heart

Session 7: The Law and the Heart

Session 8: Blessed Are the Pure of Heart

Session 9: The Ultimate Fulfillment of the Body

Session 10: Celibacy and Sexuality

Session 11: The “Great Mystery” of Marriage

Session 12: Spousal and Redemptive Love

Session 13: The Language of the Body

Session 14: Singing the Song of the Body

Session 15: The Teaching of Humanae Vitae

Session 16: Outline of Marital Spirituality

Into the Heart:
A Journey Through the Theology of the Body

Building upon An Introduction to the Theology of the Body, Into the Heart is a 16-part, 8-hour study that will move you deeper into this life-changing message, enabling you to apply and integrate it into every aspect of your life. Here you will be given the tools needed to develop the sacramental worldview that is so crucial to living an authentic human sexuality.

The Theology of the Body provides a “lens” through which to view the whole mystery of human life, thereby leaving no part of our world untouched. In Into the Heart, participants are guided on a life-changing journey, as we begin to move the profound teaching from our head to our heart. Take the transforming Into the Heart journey and you will discover the “mystical key” that opens the “holy door” to deep intimacy with the Father, Son and Holy Spirit. Along the way, you’ll learn what saints and mystics alike have always known: a life of ecstasy and deep union with God is not only possible – it’s what you were created for and a lot closer than you think!

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.

Prerequisite: An Introduction to the Theology of the Body