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## I. **Sexuality in the Plan of God**

### A. **Gift from God**

Human beings are created in the image and likeness of God. "Male and female, God created them." (Genesis 1:27). God blessed them with equal dignity, and enabled them to cooperate, in their sexual union, with his own creative power. 369-70, 2331, 2334, 2393

Being male or female is a gift from God and is therefore good. Sexuality includes all that makes a person either male or female:

- physical characteristics and responses
- psychological characteristics
- emotional responses
- attitudes
- the need and capacity for intimacy, and
- the ability to participate in procreation.

All of these things shape who we are in our relationship with God, and influence our spiritual life. 369, 2332-33, 2335

### B. **Adolescence and the Lifelong Process of Becoming Mature Sexual Persons**

Becoming a mature sexual person is a lifelong process. Adolescence is a crucially important time in this process. 2342, 2344

Learning to appreciate ourselves and others as whole persons — body, mind and spirit — is essential to becoming a mature human being. 2393, 362-66

The successful integration of sexuality within the human person — maintaining the integrity of the life and love placed within that person — is called chastity. The chaste person abstains from unlawful sexual activity (that is, sexual activity outside of marriage). All people are called to chastity. 2337-38, 2345, 2348

### ***Prayer Experience***

Read Genesis 1:26-28

- Have the students reflect on what it means to be made in God's image and likeness.
- Have them pray silently, thanking God for their being made male or female.

Conclude with the doxology: "Glory to the Father..."