

What is Theology of the Body?

Theology of the Body is St. John Paul II's first major teaching project as a pope.

In 129 Wednesday audiences he taught on what it means to be fully human — male and female.

It is a grand proposal to the world of the deepest meaning of life and love made visible in the body.



What does it say?

Theology of the Body answers the questions of every human life:

Who am I?

Why am I here?

How can I be happy?

Through the Bible and Catholic tradition, Theology of the Body explains that our bodies reveal the deepest mysteries of God and humanity. It shows us that God wants us to know Him through our humanity: our sexuality, our relationships, our joys, and our struggles.

What does it mean?

Theology of the Body proposes a fresh view of God's love that leads to deep awareness of human dignity, identity, and purpose. This vision produces wonder, peace, joy, and a sense of reverence for oneself and others.

Theology of the Body instills confidence in one's ability to live life as a gift to the world.



The Theology of the Body Retreat Team at Lubbock truly believes that this teaching will help you and your family find joy, hope, freedom, and fulfillment.

Our goal is to rebuild family relationships and show our youth how loved and worthy they truly are NO MATTER WHAT.



“The human body includes right from the beginning... the capacity of expressing love, that love in which the person becomes a gift – and by means of this gift – fulfills the meaning of his being and existence.”

St. John Paul II

We offer:

1-Day Theology of the Body
Retreat

Half-Day Theology of the Body
Retreat

Quinceañera Retreats

And more...

For more information
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The Nurturing Center

806-780-6853

Sponsored by:



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Information based on
Theology of the Body Institute.
www.tobinstitute.org

Theology of the Body

— Retreats —

God, Relationships, Sexuality.