

**Created To Love**  
**Overview of Session Topics**

***Created to Love* is designed to promote students' healthy relationships and positive decision making in the context of Catholic moral teaching related to the sacredness of human sexuality, the dignity of life, and the sacramentality of marriage.**

Healthy Relationships:

God wants us to have healthy relationships with one another. Our human relationships can and should be our best source of hints toward God's love for us.

Discussion topics include: difference between healthy and unhealthy relationships, how media influences our understanding of relationships, a clear understanding of the right to say "no"

Decision Making:

God has given us the gift to choose freely.

Discussion topics include: decisions and consequences and the impacts on yourself and others, how we consult others, adults, and God in helping us in decision making, accountability

Abstinence:

God calls each of us to direct our sexuality toward authentic love and away from using people as objects merely for pleasure.

Discussion topics include: Sexuality – more than a behavior, it is part of who we are from birth, Chastity – it promotes abstaining from immoral sexual activity, Chastity in light of our lifestyle vocation (single, married, religious vocation), the purpose – union, love and trust between husband and wife and procreation

Sacramentality of Marriage:

The Sacrament of Marriage gives spouses the grace to love each other with the love which Christ loved the Church.

Discussion topics include: what is the Sacrament of Marriage, how the grace from the sacrament helps and strengthens us, sexual relations within the marriage – an outward sign of inward grace, explore the topics of covenant, union, and the gift of children within context of marriage