

Lesson 14

Religion

Activity 1

Transcending the Body:

Many religions talk about transcending the body. When they do it's often because body and spirit (soul) are seen as separate, with the spirit being closer to God.

- What are the benefits or concerns with seeing the body and soul as separate? Is the body impure?
- Are gender role differences likely to come from body differences? That is, if women, for example, have less authority in society or in the family, does it come from the fact that they menstruate?
- Some religions emphasize virginity. Have you heard of the saying "your body is a temple"? Why is virginity important? What makes the "virgin birth" in Christianity important?
- Some religions ask devout followers to fast or give up bodily pleasures such as food. Why is that?
- Is celibacy important for members of your religion? Why? What does it mean?
- Why do some coaches tell their players not to have sex before a big game? Is there any truth in what they say?

Ecstasy:

Many religions talk about obtaining some form of ecstasy. This can be an overwhelming feeling of peace and oneness with God or it can take the form of feeling God within one's body.

- What do you know of "ecstasy" from your readings?
- Can people be "possessed" by good or evil?
- Can they feel the God within them?
- Does this relate to sexuality in some way?

Seriousness of Sex:

Most religions take sex very seriously.

- Why is that so?
- What are some of the obligations around sex that you found in the religion you researched?