

**One Minute Meditations for [www.taborlife.org](http://www.taborlife.org)  
File 002—“ The Language of Our Bodies”**

Pope John Paul II once said, “Humanity, its dignity and its balance, at every moment and on every place on earth will depend upon who he is for her and who she is for him.” I am Fr. Thomas J. Loya with a theology of the body moment for the Tabor Life Institute.

Why are we a man? Why are we a woman? Unless we know the “why” we do not know the “how” to be man or a woman and therefore we do not know “how” to really be for each other.

The “why” behind being a man or woman is told in the theology of our gendered bodies. Our bodies speak a language. Gender reveals God. Through gender we can actually participate in the way that God loves us. We can love as God loves. Human sexuality is an icon of the very interior life of the Holy Trinity.

To find out more about the theology of the body visit [www.taborlife.org](http://www.taborlife.org)