

## **What is the incarnation?**

---

The incarnation is God becoming human and revealing Himself to us. God made himself known to us through Jesus.

Jesus is 100% human and 100% divine (God). This is the incarnation of God.

## **How does the incarnation connect to the human body?**

---

Sometimes we may forget the sacredness of the human body and how much God values each person. The incarnation teaches us that the human body is sacred because we are made in the image of God, each person is made of a body and soul.

Human life begins at the moment of conception and is a precious to God regardless of what state it is in, what it can or cannot do. A person does not lose respect because they are weak, disfigured or in pain. God loves all people equally.

The incarnation of God guides us and teaches how to treat and respect our bodies through the teachings of Jesus.

## **How does the human body connect to the fifth commandment?**

---

The fifth commandment teaches us that we should not kill, therefore all life is sacred. However, there are different ways that we can “kill” the value of the human person. A few examples include:

- a.) Verbal and Physical Abuse destroy the value and esteem of a person.
- b.) Drug Abuse destroys the physical and mental health of a person.

Each life is a special gift from God and we are called to respect our own life and the lives of others. This is an additional teaching of the fifth commandment.

---

## **Scripture Activity – The incarnation and the birth of Jesus.**

- a.) Create a paragraph response to the following statement – “Explain the birth story of Jesus.” Do not use any resources, only use what you remember.
- b.) Read Matthew 1:18-2:23, Luke 1:26- 38, 2:1-52, John 1:1-18. Then list all similarities and all differences between your response to (a) and the Gospel passages you read.
- c.) How does the birth story of Jesus allow you to understand the importance of the fifth commandment and the incarnation?