

# HUMAN DIGNITY



# What is Dignity?

The state or quality of being  
worthy of **honor** and **respect**

"When you look at someone, remember  
Jesus died for them too"

# Who is worthy of dignity?

- **ALL LIFE** is sacred and worthy of dignity
- Right to life from conception to natural death
- In what ways is our dignity threatened?
  - Age
  - Gender
  - Skin color
  - Race
  - Intelligence
  - Abilities
  - SES

# Dignity in Relationships

- Respect the dignity of each person you encounter and enter a relationship with
- Core of any relationship is love:
  - Real love is **sacrifice**
  - Being with that person, **in the good and in the bad**
  - Fully, wholly loving another person **no matter how they look like** or what they do or say
  - Real love is **not about sex**
  - **Respect** for the other and a deep desire for the good of the other
  - **Accepting the flaws** of the other while simultaneously challenging them to be the best they can be at any given moment
  - **Not always felt as a physical emotion**, but a deep, within-the-core knowledge that another longs to be with you forever
  - Demands **honesty** and **communication** and a constant striving to do better
  - **Forgiveness**, forgiving the other and forgiving oneself
  - **Sole commitment to another** – eyes for one and only one
  - **Real love is worth it!**



# Chastity frees us to love

- More than saying “no” - self-control
- Respecting the dignity of the other person and yourself - communicating what you want or don't want (morals)
- Ensures you are not using/being used for own pleasure
- Sex is a big deal! - Don't throw yourself around like you don't matter, because you matter
- Sex is meant for marriage - bonds you to that person for life
- Less pressure and more freedom in relationships when sex isn't an option - frees you to develop honest relationships





# How does abortion disregard human dignity?

- Takes away babies choice and voice
- Defiles the woman's body
- Disrespects femininity of women

# Contraception

- The use of contraceptives goes against the 4 pillars of marriage (free, total, faithful, fruitful)
  - Can reduce a woman to her sexual organs
  - Can promote use/abuse
- Contraceptives also go against natural law:
  - Women taking contraceptives are more undesirable to men
  - Messes with pheromones (bonding and attracting hormones)
  - Messes with natural cycle and can affect fertility
  - Increases the risk of blood clots, weight gain, depression, breast cancer, liver cancer, and cervical cancer
- **Natural Family Planning:** fertility awareness - track cycle (fertile and infertile times) as a way to plan or avoid pregnancy
  - Increases communication between partners
  - Promotes chastity and respect for each other
  - Treats sex as special and not just something you can do whenever
  - Natural - healthy for your body, inexpensive, brings God into the marriage, highly effective!

# Homosexuality & Transgenderism

"They must be accepted with respect, compassion, and sensitivity. Every sign of unjust discrimination in their regard should be avoided. These persons are called to fulfill God's will in their lives and, if they are Christians, to unite to the sacrifice of the Lord's Cross the difficulties they may encounter from their condition." CCC 2358 

- Having same-sex attraction is not a sin, acting on those tendencies is - the union is not unitive or complimentary
- Transgender: largely based on gender stereotypes (boys like trucks, girls like dolls); check perception before changing your reality
  - [Fr. Mike on Bruce Jenner & the Transgender Question](#)
- How can we respect the human dignity of these individuals?
  - Walk with them
  - Love them - see them as a person Jesus loves and died for and not for their faults or sins (we are all sinners!)
  - Pray for them!!!