

SEASON 3



Truth with Handles

the conversation

REFLECTION GUIDE

Episode 9: Natural Family Planning



walking with purpose

Episode 9: Natural Family Planning

Natural Family Planning (NFP) is an umbrella term for certain methods used to achieve and avoid conception. We are going to talk more about what NFP is and why the Church believes it is the best choice to help married couples deepen their love and achieve responsible parenthood. A 2015 study by the National Institutes of Health showed that Catholic women who have used NFP in their marriages were 53% less likely to get divorced compared with women who have never used it.

That said, only 2% of Catholics practice NFP. Today we are going to talk about NFP, its challenges, and where to go for help.

Key Verse: “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body” (1 Corinthians 6:19–20).

1. Are you familiar with NFP? If so, what has your experience been with it?
2. In NFP, the couple _____ during _____ periods. Then the married couple _____ the sexual act.

The Church’s teaching of married sex and moral family planning is not popular, and most Catholics do not use NFP. Why do most Catholics choose to forgo this teaching?

Do you have a hard time obeying God with how you use your body? If so, in what ways?

3. In 1968, in his encyclical *Humanae Vitae*,¹ Pope Paul VI predicted four things that would happen with the widespread use of hormonal birth control.
 - a.
 - b.
 - c.
 - d.

¹ Pope Paul VI, *Humanae Vitae* (Italy: Vatican Press, 1968), paragraph 17.

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How do you see these four predictions playing out today, fifty years after Pope Paul VI wrote his encyclical?

Considering today's society, what are the pros of birth control? What are the cons? Do you think that it has brought about more good than bad or more bad than good?

4. NFP is not as easy as taking a pill or getting a quick medical procedure. It requires communication, patience, and openness to God's plan for your family. Is it worth it? Why or why not?

Notes:

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