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Introduction to Theology  
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Many thoughts came to mind as I carefully read Benedict XVI's Encyclical Letter, *Deus Caritas Est*. We have often heard and read that God is love and God loves us. I believe God loves me, although I am aware of my inability to fully comprehend this divine mystery. So how do I help convey God's love to others, specifically my high school theology students?

"Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction" (Pope Benedict XVI. "Deus Caritas Est). As Catholic Christians we encounter Jesus, a person, in the Eucharist during Mass. When we allow Him to penetrate our heart, soul, and mind, we can't help but reflect God's love to others. God's love places us on a new path. St. Paul's dramatic conversion was the result of an actual encounter with both an event and person. How else can we explain his miraculous change of heart after having persecuted Christians? Although most of us will not experience such a dramatic encounter with God, we do have the privilege and opportunity of encountering God and his love for us in scripture and Holy Communion.

*Deus Caritas Est* thoughtfully discusses the relationship between eros and agape love. If man simply allows instinct to rule his desires and passions, we end up degrading each other's bodies and souls. We become self-centered and animalistic in our relationships. Our goal as Christians should therefore be agape love. This type of love is Christ-centered, mature, and pure. To achieve agape, we must learn to imitate Christ's ways and his love for us. We can learn to imitate Jesus by reading the gospel messages and frequently receiving Holy Communion. Doing so provides us with the healing and restoration mentioned in *Deus Caritas*. The prevalent phrase "my body, my choice", is one example of how society attempts to fill our minds with false messages of freedom. Agape love has concern and care for another; it wills the good of the other. Eros without agape leads to selfish pleasure. The proper teaching of eros and agape love is of utmost importance to teenagers and young adults. This armor of truth can help teens and young adults seek love as God intended.