

WHEN SHE'S NOT GIVING WHAT YOU NEED:

The Liturgy of the One-Flesh Union and Mature Manhood in Christ.

No. 119

THE WAY OF A MAN
BLOG

MAGNANIMITAS ET HUMILITAS

JAN
15
2026

FATHERSOFSTJOSEPH.ORG



Purpose

To understand why chastity and responsibility are essential marks of mature Christian manhood

Section 1: Marriage, the Body, and the Transmission of Grace

The one-flesh union is not merely physical—it is sacramental.

1. The reflection compares marital intimacy to the Sacred Liturgy. What initially strikes you about this comparison?
2. Grace flows from the one-flesh union into the whole family. What responsibility does this place on the husband?

Section 2: Abstinence, Temperance, and Mature Manhood

Abstinence, when accepted rightly, becomes an act of heroic self-mastery.

1. The text challenges the misuse of the “marital debt.” How does entitlement undermine both intimacy and trust?
2. What virtues are required of a man when his wife does not desire intimacy?

Section 3: The Bed as Altar — Offering the Body as Sacrifice

When intimacy is not reciprocated, the husband is still called to self-gift.

1. The reflection describes the bed as an altar and abstinence as an offering. How does that strike you?
2. The prayer “This is my body given for you” mirrors Christ’s words. How might this transform interior resentment?

Section 4: St. Joseph and the Strength of Chaste Love

Chastity is not weakness but ordered strength.

1. St. Joseph is presented as the “most chaste spouse.” How does Joseph challenge modern stereotypes of masculinity?
2. How does purity free a man rather than restrict him?

* Continue on page 2

WHEN SHE'S NOT GIVING WHAT YOU NEED:

The Liturgy of the One-Flesh Union and Mature Manhood in Christ.

No. 119

THE WAY OF A MAN
BLOG

MAGNANIMITAS ET HUMILITAS

JAN
15
2026

FATHERSOFSTJOSEPH.ORG



Section 5: The Cycle of Healing and Responsibility

The husband sets the pace for grace, healing, and restoration.

1. Pope St. John Paul II says a special responsibility rests with the man.
Why do you think God entrusts this responsibility particularly to husbands?

Section 6: Blame vs. Responsibility for Chastity

A real man assumes responsibility for his interior life.

1. How does blaming one's wife damage both love and masculinity?
2. What does it mean to take responsibility for your own chastity?