Ready to practice Chastity?

Pray and God will give you the strength.

Make use of God’s special way of giving help through frequenting the Sacraments of Reconciliation and Holy Communion.

Remember that the priest that hears your confession is acting in the person of Jesus Himself. The Lord will help you. The priest understands well the challenges of living a chaste life.

Begin to pray every day. Choose your friends carefully, Stay busy... Engage in wholesome activity. Avoid anything that makes you vulnerable.

“Join the ranks of those who are not willing to degrade their bodies to the level of an object. Respect your body. It is part of your human condition: it is the temple of the Holy Spirit”

Pope John Paul II in a speech to youth

“Athletes deny themselves all sorts of things. They do this to win a crown of leaves that wither, but we a crown that is imperishable.”

1 Cor 6:20
Chastity means saving sex for marriage!

Want to Enhance the Pleasure?
The gift of sexuality was not intended for pleasure alone. But pleasure is enhanced when the gift of sexuality is used according to God’s plan.

Follow God’s plan …
Remember God created sex and it is wonderful!

God’s plan involves one man and one woman united and faithful for life in the Sacrament of Marriage.

Sexual activity must always be an expression of married love and must be open to the awesome gift of new Life.

Your sexuality is a profoundly powerful and beautiful gift that must be protected by the covenant of Marriage.

Your life is precious to God. You are made in His image and likeness. You are a temple of the Holy Spirit.

Save yourself and God’s beautiful gift of sexuality for someone special—your spouse!

Together you will find:

- Real sexual freedom (freedom from disease, fear, shame, sin, and guilt)

- The greatest pleasure (National surveys show that married, faith-filled couples say they have the best sexual experiences.)

- The joy of new Life. When your children conceived in a marriage open to Life you will realize our children are our greatest joy. You will cherish the awesome gift of Life.

Chastity is a virtue
The virtue of chastity is practiced in many ways:

- Through self-control, control strong enough to overcome selfishness.

- Through modesty in dress, in action, and in speaking when alone or with others.

- Through loving other persons and respecting their bodies. Remembering that we are all precious to God.

If someone really loves you they will behave in a chaste way.

Behaving in a chaste way means that a couple grows in trust and respect. Real love can develop.

Chastity shows a trustworthiness that will carry over after marriage.

It is never too late to begin to live a chaste life!

Begin again today. Ask for forgiveness in the beautiful Sacrament of Reconciliation—Confession—and God will give you the strength to live a chaste life.

Chastity helps us on the path to happiness both in this life and forever in heaven!

God created you to be happy with Him forever. If you follow His laws you will ultimately find true happiness. But the Bible warns that those who misuse the gift of sexuality “will not inherit the kingdom of God.”

Read your Bible; begin with:

1 Cor. 6:18
Gal. 5:19-21
1 Thess. 4:3-4