

**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*



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*save sex for marriage*  
Use the GIFT  
as God intended!  
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DESERVE THE  
VERY BEST!**  
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# Chastity means saving sex for marriage!

## 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 children are conceived in a marriage open to *life*, one realizes 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 words, 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*