

**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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YOU
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*.

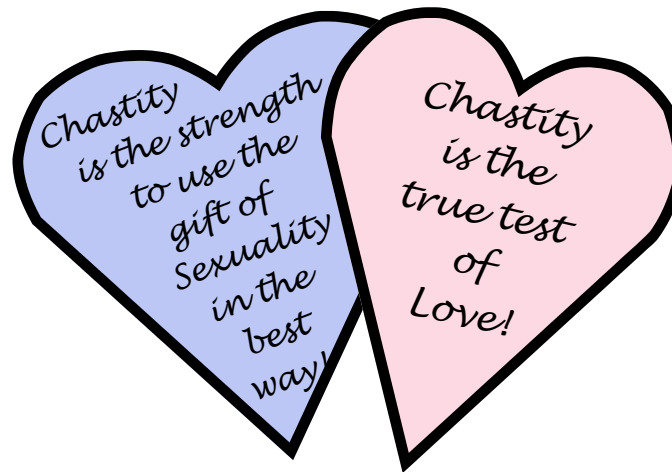
Your sexuality is a profoundly powerful and beautiful gift that must be protected by the covenant of Marriage.

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