

1: Chastity - Wikipedia

In , Dawn Eden wrote The Thrill of the Chaste: Finding Fulfillment While Keeping Your Clothes On. It was an account of how, as a new Christian convert "having led an exciting but spiritually unfulfilling life as a rock journalist" she learned to be joyfully chaste.

Etymology[edit] The words "chaste" and "chastity" stem from the Latin adjective *castus* "pure". The words entered the English language around the middle of the 13th century. At that time, they meant slightly different things. For unmarried persons, chastity is identified with sexual abstinence. Sexual acts outside or apart from marriage, such as adultery , fornication , and prostitution , are considered sinful. **Christianity**[edit] "Vow of chastity" redirects here. For vows of Catholic Religious, see Evangelical counsels. For vows of chastity in other Christian Churches, see Religious vows. In many Christian traditions, chastity is synonymous with sexual purity. Chastity means not having any sexual relations before marriage. It also means fidelity to husband or wife during marriage. In Catholic morality, chastity is placed opposite the deadly sin of lust , and is classified as one of seven virtues. The moderation of sexual desires is required to be virtuous. Reason, will, and desire can harmoniously work together to do what is good. In marriage , the spouses commit to a lifelong relationship that excludes sexual intimacy with other persons. After marriage, a third form of chastity, often called "vidual chastity", is expected of a woman while she is in mourning for her late husband. For example, Anglican Bishop Jeremy Taylor defined 5 rules in *Holy Living* , including abstaining from marrying "so long as she is with child by her former husband" and "within the year of mourning". A stricter view is held by the Shakers , who prohibit marriage and sexual intercourse under any circumstances as a violation of chastity. The Catholic Church has set up various rules regarding clerical celibacy , while most Protestant communities allow clergy to marry. Required celibacy among the clergy is a relatively recent practice: It was not uniformly enforced among the clergy until years later. Vows of chastity can also be taken by laypersons, either as part of an organised religious life such as Roman Catholic Beguines and Beghards in the past or on an individual basis: Some protestant religious communities, such as the Bruderhof , take vows [8] of chastity as part of the church membership process. Chastity is a central and pivotal concept in Roman Catholic praxis. It is an expression of love within marriage and allows husband and wife to participate in the creation of life. God has commanded that this sacred power be expressed only between a man and a woman who are legally married. The law of chastity applies to both men and women. Jesus Christ taught, "Ye have heard that it was said by them of old time, Thou shalt not commit adultery: Islam[edit] Chastity is mandatory in Islam. Sex outside legitimacy is prohibited, for both men and women whether married or unmarried. The most famous personal example of chastity in the Quran is Virgin Mary Mariam: Then We sent to her Our Angel, and he represented himself to her as a well-proportioned man. She said, "Indeed, I seek refuge in the Most Merciful from you, [so leave me], if you should be fearing of Allah. Indeed, it is ever an immorality and is evil as a way. And whoever should do that will meet a penalty. Multiplied for him is the punishment on the Day of Resurrection, and he will abide therein humiliated -Except for those who repent, believe and do righteous work. For them Allah will replace their evil deeds with good. And ever is Allah Forgiving and Merciful. The legal punishment for adultery is equal for men and women. Social hypocrisy in many societies over history had led to a double standard when considering sin committed by men versus sin committed by women. Society tended to be more lenient and permissive towards men forgiving men for sins not forgivable when women do them. At the root of the contemporary wave of free sex for both sexes was apparently to establish equality and remove discrimination between man and woman. Instead of calling for equal cleanliness the call was for equal dirt. Not so in Islam. And those who seek a contract [for eventual emancipation] from among whom your right hands possess - then make a contract with them if you know there is within them goodness and give them from the wealth of Allah which He has given you. And do not compel your slave girls to prostitution, if they desire chastity, to seek [thereby] the temporary interests of worldly life. And if someone should compel them, then indeed, Allah is [to them], after their compulsion, Forgiving and Merciful. Those of you who own the means should marry for this should keep their eyes uncraving and their chastity secure. In Islam it is both a personal

and a social value. A Muslim society should not condone relations entailing or conducive to sexual license. Social patterns and practices bent on flaring up the sexual desire are frowned upon by Islam by the means of permissive ideologies, pruritic art or neglect of moral upbringing. The concept of chastity is extended to include avoidance of alcohol and mind-altering drugs, profanity, and gaudy or immoderate attire. The first of these stages, known as Brahmacharya, roughly translates as chastity. Celibacy and chastity are considered the appropriate behavior for both male and female students during this stage, which precedes the stage of the married householder Grihastha. Sanyasis and Hindu monks or Sadhus are also celibate as part of their ascetic discipline. Sikhism[edit] In Sikhism, premarital or extra-marital sex is strictly forbidden. However, it is encouraged to marry and live as a family unit to provide and nurture children for the perpetual benefit of creation as opposed to sannyasa or living as a monk, which was, and remains, a common spiritual practice in India. A Sikh is encouraged not to live as a recluse, beggar, monk, nun, celibate, or in any similar vein. Jainism[edit] Celibacy is a must for all Jain monks and nuns. Chastity Bhramacharya is one of the five major vows of Jainism. The general Jain code of ethics requires that one do no harm to any living being in thought, action, or word. Buddhism[edit] The teachings of Buddhism include the Noble Eightfold Path, comprising a division called right action. Daoism[edit] The Five Precepts of the Daoist religion include No Sexual Misconduct, which is interpreted as prohibiting extramarital sex for lay practitioners and marriage or sexual intercourse for monks and nuns.

2: Chastity Education Initiative - Parish Vitality and Mission

True Chastity is pure sexuality, or the activity of sex in harmony with our true nature, as explained in the secret doctrine. Properly used, the word Chastity refers to sexual fidelity or honor. "The generative energy [sexual energy], which, when we are loose, dissipates and makes us unclean, when we are continent invigorates and inspires us.

Male and Female He Created Them: The Gift of Sexual Difference Male and female he created them. Like human life itself, sexual difference is not arbitrary but is willed by God. Men and women are equal in dignity and yet are different from one another in important ways, including in their bodies and how they relate to each other and to the world. Sexuality affects every aspect of who we are see CCC, no. Through sexual difference, we see that men and women are created for each other. As male or female, our differences complement each other and allow us to relate to one another in profoundly personal ways. In this way we can joyfully accept the specific gifts of another man or woman, the work of God the Creator, and find mutual enrichment. Through masculinity and femininity, God has written into the human person a mutuality of one to the other. This points to the "spousal meaning" of the body, whereby the human body is seen to be a gift see Theology of the Body. Men and women are created to give of themselves to each other. Human sexuality is woven into the fabric of each man and woman. It carries within it the powers of love and life and is the human source of our most basic relationships as members of a family. Human sexuality indicates the capacity of persons to love one another and be united with others in friendship and community. Sexual difference is a sign of our call to love, to communion, inscribed within who we are, including our very bodies. Called to Love, to Communion It is not good for the man to be alone. God calls all people to communion with Him and with each other through the Church, the Body of Christ. We live out this call to communion in various ways whether as clergy, consecrated religious, married persons, or in the single state—in families, friendships, in the parish, in religious community, with colleagues at work, among fellow citizens, and indeed with the global community. A unique form of communion to which most people are called is found in marriage, the one-flesh communion of persons between husband and wife. God desires that each of us grow in holiness by giving and receiving love like him. Such love requires putting the human ego aside and first considering the needs of others before our own. As we pray in the Peace Prayer of St. Francis of Assisi, "it is in giving that we receive. Each has different gifts to present to the other. Whether it is in friendship or marriage, forming authentic relationships with other people may be the most profound way that we enact our likeness to God. Of all the "communions of persons" that people can create, Scripture tells us that marriage is the fundamentally unique relationship see Church Teaching on Marriage ; see also Marriage: Unique For A Reason. God willed that marriage be the unique communion of persons, indeed, a covenantal relationship, that is designed for the well-being of husband and wife the "one-flesh" union and the "begetting and educating of children. Marriage, as willed by God, builds the family! Chastity The gift of human sexuality is precious with its powers of life and love, and it calls for an authentic and healthy integration in the person. This is the virtue of chastity. Chastity ensures "the successful integration of sexuality within the person" CCC, no. It protects the inner unity body, mind, and soul of the person. It enables men and women to defend "love from the perils of selfishness and aggressiveness" Familiaris consortio, no. Everyone is called to chastity. It requires practice, or as the Catechism calls it, an "apprenticeship in self-mastery," where a person learns the meaning of true freedom see CCC, no. The chaste person is not governed by his or her emotions. Rather, the chaste person understands the meaning of sexual feelings and appropriate behaviors. Chaste self-possession brings true freedom and peace. In marriage, the joy of love needs to be cultivated. When the search for pleasure becomes obsessive, it holds us in thrall and keeps us from experiencing other satisfactions. Joy, on the other hand, increases our pleasure and helps us find fulfillment in any number of things, even at those times of life when physical pleasure has ebbed. Chastity reminds us of the value of the person and of the body. It helps us respect interpersonal boundaries as well as our own bodies. Chastity enables us to "love rightly" according to our state in life. This integrity ensures the unity of the person, it is opposed to any behavior that would impair it" CCC, no. Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt,

faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life. Back to Top

Marriage: A Unique Communion of Persons Marriage is a unique communion of persons, and it is on the basis of this communion that the family is called to become a community of persons. God willed that man and woman would be joined in such a way as to help each other to grow in holiness and to protect and nurture new life in their sacred relationship. Marriage builds the family and the society. Pope Francis reminds us that at "the center [of the home] we see the father and mother, a couple with their personal story of love. They embody the primordial divine plan clearly spoken of by Christ himself: Husband and Wife, a Communion of Persons It is God who calls husband and wife to be an image of his own love in the world. Marital love is therefore marked by faithfulness, permanence, and openness to life. The marital bond is brought into reality by the free consent of a man and a woman. Christian marriage, rooted in Christ, is a sacrament and has a special firmness. The "intimate partnership of life and the love" that God designed for marriage has its own unique characteristics see *Gaudium et spes*, no. First, husband and wife are called to form a permanent communion of persons. Second, spouses are called to be stewards of the gift of life. They are to welcome children generously to their marital union. Indeed, the Church teaches that Christian spouses receive a "kind of consecration in the duties and dignity of their state" *Gaudium et spes*, no. Scripture has much to say about marriage. Probably the most telling is in the second chapter of Genesis. Gifted with the Capacity to Give Life To be a man or a woman includes the gift of fertility. Sadly, it must be remembered that we live in an imperfect world. Men and women bring to the act of procreation sexual intercourse their entire persons body and soul and only those reproductive cells that are unique to them. God blessed them and God said to them: The fullness of human sexualityâ€™its power to unite the man and women in the one flesh union unitive and its ability to generate new life procreative â€™is therefore to be lived within the context of marriage. This is true despite the fact that not all couples will be able to bear children. Marriage, the Church understands, "is not It is a gift. This is why the Church has often spoken of procreation being a "primary good" of marriage. It is the invitation by the Lord of all Creation to share in the sacred task of procreating new people with an eternal destiny. Although Church teaching holds up procreation as part of the nature of human sexuality and marriage, married couples may find that they are infertile. We know that this can be a cause of real suffering for them" *Amoris Laetitia*, no. The Church does not have an answer as to the "why" of infertility, despite the fact that medicine may be able to provide a diagnosis. In addition, the Church joins with St. John Paul II in saying: You are no less loved by God; your love for each other is complete and fruitful when it is open to others, to the needs of the apostolate, to the needs of the poor, to the needs of orphans, to the needs of the world. John Paul II, Homily,

3: Expert Q and A: How singles can embrace both chastity and sexuality (+video) | Deseret News

Sexual intercourse will only provide the authentic, peaceful joy for which God created it when it is engaged in with the virtue of chastity. Chastity is a virtue that falls under the cardinal virtue of temperance.

This is the third and final part of a series exploring what makes marriages work, and shows single people how to navigate dating, happiness and chastity. Jennifer Finlayson-Fife, a psychotherapist specializing in relationship and sexuality counseling. The challenges facing single adult men and women who wish to develop their sexuality in a healthy way, yet reserve sexual activity for marriage. The questions and responses have been edited for clarity and length. With more and more adults delaying marriage into their late 20s and 30s, reserving sexual activity for marriage has become an even bigger challenge for those wishing to remain chaste. Many single, LDS adults feel like they are treated like teenagers in this realm. How would you respond to those young adults. While teaching healthy sexuality in my classes, many LDS young adults report that the only discussion they have had about sexuality is when they were taught about the negative outcomes of premarital sex and pornography. These negative attitudes, combined with the reluctance of parents and others to address these matters frankly and consistently, leaves many young adults feeling that their sexual feelings are wrong, shameful and contrary to a spiritual way of life. This is why we need to more fully foster a culture that emphasizes positive views of marital intimacy and healthy sexuality. While chastity before marriage involves abstaining from sexual involvement, chastity in marriage involves initiating, enjoying and nurturing sexual intimacy between spouses. Being prepared for this dimension of marriage requires more than the absence of negative, it needs the presence of positive. One way we need to shift our thinking and the way we talk in the LDS Church is to give more legitimacy to our sexuality, even as single people. Our sexuality is a potential within us, it is a God-given potential. It is one of the greatest potentials that we are blessed with, and yet how we use it matters. If you are married, those pressures and desires are legitimate, but not if you are single. So we deny the feelings and desires of adult sexuality in LDS singles. We want to pretend it is not there, or focus on the suppression of it. But I think as a faith community we need to do a better job of addressing single adult sexuality than that, and the way to do it is to talk differently about sexuality in general. We need to create an ethic around sexuality in which we teach the value and potential goodness of our God-given desires, as well as the importance of channeling our sexual energy toward choices that forge our strength and benefit those we love, depending on the relational context we are in. How do they embrace their sexuality and live true to their beliefs to live the gospel law of chastity? There are many people who express their sexuality in marriage and out of marriage but have no peace. It is instead acknowledging that the longing is God-given and important, even if uncomfortable at times, and even a choice to not express sexual desires can allow sexual energy to be channeled toward other pro-social and positive development, particularly if that choice is made out of integrity, choosing what you believe is right, rather than choices based in fear, anxiety or self-hatred. Chastity only makes sense inasmuch as it is supporting the idea of doing goodness. We often just want to say goodness is self-denial. I think self-denial and sacrifice are fundamental to goodness but not the same thing, and so how do we relate to our sexuality in line with our integrity? How do we relate to it to keep us in connection with other people, in connection with God and a sense of doing good in the world? I think each person has to figure out what that is for them, in their specific situation. In the marriage preparation course we teach the students how to prepare for sexual wholeness in marriage. Sexual wholeness involves three types of connection: This view helps young adults recognize that preparation for the sexual dimension of marriage is not primarily a physical matter, but rather an emotional and spiritual one as well. Individuals who approach their dating relationships with an eye toward sexual wholeness in marriage remember that one of the primary purposes of dating and engagement is to develop a relationship that is capable of this type of complete marital intimacy. Developing emotional intimacy in dating and other relationships is an important foundation for this. Emotional intimacy exists in a relationship when two people experience a sense of security, support, trust, comfort and safety with one another. These types of relationships help make life full and satisfying, while setting a foundation for the proper expression of passionate intimacy in a future marriage relationship.

Without proper education about healthy sexuality, many people characterize devoted love as inherently spiritual and good, while sexual passions are viewed as inherently carnal or evil. A key part of becoming a sexually healthy person is to develop a true understanding of the origins of sexual desire and the divine purposes of sex. Latter-day Saint leaders have repeatedly taught that sexual desires and feelings before marriage, and sexual union after marriage, is God-created, God-ordained and God-blessed. Our theology is, unlike some Christian theologies, very embracing of the body. We see obtaining a body as essential to becoming more like God, rather than an impediment to spirituality. So being embodied, being carnal, is not the problem, rather, selfishness, our self-serving impulses, are. It is the destructive or hateful part of ourselves that is an enemy to God. When selfishness is in combination with sexuality, it can be destructive and harmful to ourselves and others, but the sexuality is not the problem, the selfishness is. The pervasiveness of pornography impacts marriages and dating relationships. Are we doing a good job talking about pornography? With pornography what is really needed is an understanding of a broader teaching of healthy sexuality. When it is never connected to healthy sexual expression we actually run the risk of creating a new problem. And those of us in counseling circles we see this. Pornography can be a huge problem, but we are not doing a good job in how we deal with it. We have this idea that anything that creates arousal is a problem, whether that is a woman in a sleeveless shirt or looking at a billboard with an attractive woman on it, for example. But arousal or attraction in and of itself is not destructive or problematic. It is natural to be curious and to find sexual imagery engaging. I think we need to say it is normal to be drawn to it, and to still direct our sexuality in ways that increase our ability to be in meaningful connection with those we love. So I think we need to stop shaming and instead reinforce what we want to create with our sexuality and with our desires. We get to choose how we channel this energy inside us, and what we choose will forge our strength or undermine us. The other thing we tend to do is talk about pornography as if it is a monolithic experience. We need to do a better job of helping people think about how they are relating to their desires and visual stimuli, and whether it is helping them forge the kind of relationship to their sexuality that will offer goodness and that they can respect in themselves.

4: What's "Perfectly Normal"? - Chastity

Chastity is sexual behavior of a man or woman that is acceptable to the moral standards and guidelines of their culture, civilization or religion.

Read More! Physical intimacy between husband and wife is beautiful and sacred. It is ordained of God for the creation of children and for the expression of love within marriage. In the world today, Satan has led many people to believe that sexual intimacy outside of marriage is acceptable. It is an abuse of the power He has given us to create life. The prophet Alma taught that sexual sins are more serious than any other sins except murder and denying the Holy Ghost see Alma Sometimes people try to convince themselves that sexual relations outside of marriage are acceptable if the participants love one another. This is not true. Breaking the law of chastity and encouraging someone else to do so is not an expression of love. When people care for one another enough to keep the law of chastity, their love, trust, and commitment increase, resulting in greater happiness and unity. In contrast, relationships built on sexual immorality sour quickly. Those who engage in sexual immorality often feel fear, guilt, and shame. Bitterness, jealousy, and hatred soon replace any positive feelings that once existed in their relationship. Our Heavenly Father has given us the law of chastity for our protection. Obedience to this law is essential to personal peace and strength of character and to happiness in the home. Those who keep themselves sexually pure will avoid the spiritual and emotional damage that always comes from sharing physical intimacies with someone outside of marriage. Sexual Sins The Lord and His prophets condemn sexual immorality. All sexual relations outside of marriage violate the law of chastity and are physically and spiritually dangerous for those who engage in them. The Ten Commandments include the command that we not commit adultery, which is sexual intercourse between a married man and someone other than his wife or between a married woman and someone other than her husband see Exodus Latter-day prophets repeatedly speak out against these sins and against the evil practice of sexual abuse. Like other violations of the law of chastity, homosexual activity is a serious sin. It is contrary to the purposes of human sexuality see Romans 1: It distorts loving relationships and prevents people from receiving the blessings that can be found in family life and the saving ordinances of the gospel. In the Sermon on the Mount, He said: And He has reemphasized the principle He taught in the Sermon on the Mount: These warnings apply to all people, whether they are married or single. Those who find themselves struggling with sexual temptations, including feelings of same-gender attraction, should not give in to those temptations. Keeping the Law of Chastity No matter how strong temptations seem, the Lord will help us withstand them if we choose to follow Him. The following counsel can help us overcome the frequent and blatant temptations in the world today: Decide now to be chaste. We need to make this decision only once. We can make the decision now, before the temptation comes, and let our decision be so firm and with such deep commitment that it can never be shaken. We can determine now that we will never do anything outside of marriage to arouse the powerful emotions that must be expressed only in marriage. We can determine now that we will be completely true to our spouse. No one commits sexual sin in an instant. Immoral acts always begin with impure thoughts. If we allow our thoughts to linger on obscene or immoral things, we have already taken the first step toward immorality. We must flee immediately from situations that may lead to sin and pray for constant strength to resist temptation and control our thoughts. We can make this a part of our daily prayers. Stay away from pornography. We must not view, read, or listen to anything that depicts or describes the human body or sexual conduct in a way that can arouse sexual feelings. Pornographic materials are addictive and destructive. They can rob us of our self-respect and of a sense of the beauties of life. They can tear us down and lead to evil thoughts and abusive conduct. If we are single and dating, always treat our date with respect. Those who are dating must never treat their date as an object to be used for lustful desires. They should carefully plan positive and constructive activities so that they are not left alone without anything to do. They should stay in areas of safety where they can easily control themselves. If we are married, be faithful to our spouse in our thoughts, words, and actions. The Lord has said: We should never flirt in any way. As much as possible, we should avoid being alone with anyone of the opposite sex and ask ourselves if our spouse would be pleased if he or she knew of our words or actions.

When we stay away from such circumstances, temptation gets no chance to develop. Forgiveness for the Repentant The best course is complete moral cleanliness. It is wrong to commit sexual sins with the thought that we will simply repent later. This attitude is a sin itself, showing irreverence for the Lord and the covenants we make with Him. However, those who have committed sexual sins can be forgiven by the Lord if they repent. Repentance is difficult, but it is possible see Isaiah 1: The despair of sin can be replaced with the sweet peace of forgiveness.

5: Love and Sexuality

Chastity means a positive integration of sexuality within the person. Sexuality becomes truly human when it is integrated in a correct way into the relationship of one person to another. Chastity is a moral virtue, a gift of God, of grace, and the fruit of the Holy Spirit.

Father Ian VanHeusen â€™” March 30, My spiritual director recently gave an interesting metaphor for contemplation. He described contemplation as that moment when the waters of a lake are stilled and one is able to witness the beauty of the night sky reflected on the waters. In such still moments, the water becomes like glass and one can see the moon and the stars as if they were within reach. Often, our interior life resembles more the turbulence of a storm. Instead of peace and tranquility, we encounter disorder and confusion. Most especially, this happens with our sexuality. Perhaps we have heard about chastity, but what we experience is strong urges and attractions that seem to overpower us. We can come to two false conclusions. We can either believe that chastity is impossible or that to be chaste we have to get rid of our sexual drive. The truth is that our sexual desire needs to be educated and directed, not destroyed or manipulated. It is an incredible gift from God, and when it is properly oriented, it becomes a great source of vitality and joy. This is true for married couples, single people, or those dedicated to a life of celibacy. For all walks of life, chastity is the inner harmony by which we properly experience the joy of our sexuality. When our inner life has the harmony that God intends, we experience God and see reality with clarity. We resemble the still waters of a lake, in which our emotional life and our drives are not unfortunate consequences of being human, but rather vehicles for sanctity. Of course, there will still be trials and temptations. However, instead of being sources of frustration, these trials become moments of grace in which we learn to rely less on ourselves and more on God. So I want to encourage you to pursue chastity with zeal and enthusiasm. Let it be a guiding principle that helps you to live the life God intended, a life of happiness marked by the fruits of the Holy Spirit. He specializes in researching and teaching on prayer and meditation.

6: The Joy of Chastity | Christian Meditation

The truth is that our sexual desire needs to be educated and directed, not destroyed or manipulated. It is an incredible gift from God, and when it is properly oriented, it becomes a great source of vitality and joy.

For resources provided by the CEI, click [here](#). Please consider clicking on the donation tag to the right of this page to help support the Chastity Education Initiative. In addition, in lieu of our usual Chastity Education Initiative Annual Benefit Dinner, we will hold multiple themed fund-raising events throughout the summer of CEI Benefit Events. When the Chastity Education Initiative began in 1998, under the leadership of Cardinal George, our goal was to provide high-quality, medically-informed, life-changing programs and materials to young people in the Catholic schools, parishes, and religious education program of the Archdiocese of Chicago. Fourteen years later, thanks to all of our generous donors, this vital ministry has touched the lives of more than 80,000 young people across the metropolitan area. Dynamic speakers, such as Damon Owens and Jason Evert, have swept our Catholic high schools by storm, transforming the culture of the entire student bodies to strive for and cherish chastity. The Theology of the Body for Teens curriculum in our schools raises up virtuous young people to be future leaders of our Church and communities. And our summer Echo retreat for young adults and teens reinforces the joy of living a faith filled life and had even led several to discern vocations to the priesthood. None of these fruits would have been possible without your support. The Chastity Education Initiative continues to be funded solely by the generosity of individual donors. As we look to expand our programs with exciting opportunities for new curriculum, we hope you will help us reach even more young people. Your support is essential! It truly is a testimony to its continued effectiveness and importance in the Archdiocese of Chicago. We were blessed with multiple benefit events this year and continue to count on your generosity. Please consider clicking on the donation tag to the right of this page to help support the Chastity Education Initiative of the Archdiocese of Chicago. Again, we thank you for helping to build up a culture of life in the Archdiocese of Chicago.

CEI Resources

Speakers Are you looking for an inspirational speaker who can dynamically deliver the freeing message of chastity? Since 1998, the CEI has been pleased to sponsor and host nationally recognized chastity speakers at dozens of high schools, middle schools and parishes throughout the Archdiocese of Chicago and beyond. With her, she brought 10 years of parish youth ministry experience from both the diocese of Charleston and the Archdiocese of Baltimore. Prior to making a life in church ministry, Dawn was a corporate trainer and instructional designer. She taught college students in her spare time for over 20 years at three different schools. Dawn is a devoted wife to her husband Mike of 25 years and loving mother to her two daughters, Elyse and Erin. As a former missionary worker for an International Catholic Family Ministry, Raymund has traveled all over the world and knows how to reach teens with the messages of chastity and respect life in a way that is relevant and meaningful. Raymund is available for any audience size. Other topics he speaks on include puberty, parent talks on how to teach children about chastity, etc. For smaller audiences, the Respect Life Office offers a variety of chastity speakers. Please let us know your specific needs, such as any language requirements. We are in the process of building a speakers group to help spread the message of Chastity in the Archdiocese of Chicago. If you are interested in joining the speakers group, please contact our office. To schedule a chastity presentation, please contact Dawn Fitzpatrick at the Respect Life Office.

Materials Are you looking for medically accurate information on STIs or teen pregnancy? Do you want a faithful supplement to your abstinence education materials? We offer a wealth of pamphlets, posters, stickers, pins, books and DVDs designed to make the message of chastity come alive for teenagers. At little or no cost, we invite you to take advantage of the many resources we offer to make your ministry more effective.

Ages

Second Age Group: Ages **Third Age Group:** A Theology of the Body. This collection will assist teens in gaining a profound understanding of sexuality, truth, purity and love as well as the foundation of our Catholic faith. It is vital that we share with students the beauty and the reasoning behind why the Church teaches what it does about sexuality. **Books** *Sex and the Sacred City: Reflections on Love and Lust*. For More information about these and many other materials our office can help provide, please contact us at

7: What Is Chastity and How Can I Be Chaste?

Those who hate chastity would have you believe it is the unnatural repression of natural desires-- that chastity is an oppressive kind of sexuality. Catholics know that there is very little repression involved because it simply doesn't work very well.

Chastity is sexual self-control. It means placing sexual intimacy within one relationship and one relationship only: Abstinence is about what you cannot do engage in sexual intimacy. Chastity is about what you can do: For centuries, chastity has been an admired moral virtue. Author Pat Driscoll defines chastity as sexual goodness living out the truth, beauty, and goodness of human sexuality. God gave us operating instructions for sex in the Bible. Only the abuse of sex through fornication, adultery, masturbation, etc. God has given us many ways to express our sexuality genitally in marriage and non-genitally outside of marriage. Chastity applies to everybody, unmarried people and married people. For married people, chastity means having sex only with your marriage partner. This form of promised faithfulness between husbands and wives giving themselves sexually only to each other, never to anyone else is also known as fidelity. Chastity in marriage also means keeping sex open to life. We talk more about this in Chapter Celibacy is a special form of chastity. People with a religious vocation for example, priests, brothers, and nuns take a vow of celibacy. The more you have sex outside of marriage, the more it becomes just something to do. Molly Kelly The Advantages of Chastity Molly Kelly, a mother of eight, used to travel throughout the United States and Canada speaking about chastity to more than 50, teens and college students every year. Her audiences genuinely loved her; she has a great sense of humor and a knack for using the right phrase. Molly Kelly calls chastity saved sex. When we heard her speak to a standing-room audience of teens and parents, she said: Chastity is good news. You do not have to spend valuable time worrying about pregnancy or sexually transmitted diseases. You do not have to spend one penny on any outside product. You do not have to terminate your youth prematurely. She then challenged her listeners to think about the reasons for saving sex: How do we want our air? How do we want our water? How do we want sex on our wedding night? There is no greater gift a man and a woman can give each other on their wedding night than the gift of their virginity. Start saving it, Molly Kelly says. Some gifts come with tags that say, Do not open until Christmas. Sexual intercourse is a gift that says, Do not open until marriage. Remember, chastity is a spiritual, not a physical, state. Chastity is about sexual self-control, an attitude of respect and gratitude for the gift that sex is. This is often referred to as emotional virginity. Many, many young people have made the decision to return to chastity. Living a chaste lifestyle is easier when you keep the advantages of that decision clearly in mind. A year-old girl at an inner-city high school in Washington, D. Not too long ago when boys asked me if I was a virgin, I was ashamed of it. A young woman in her 20s adds: My high school and college years were the best years of my life. I learned that no to sex meant yes to fun. My reputation as a virgin got out fast. I had more dates, better grades, and good, quality friendships. Many of the advantages have to do with freedom: For example, chastity gives you freedom from: You may be able to think of still other advantages of leading a chaste life. Only by maintaining or regaining your chastity can you be assured of becoming the person that you and God intend for you to be. Chastity is not something like a jacket that you can put on or take off whenever you like. Chastity is a part of yourself that communicates itself to others in your daily words and actions. Modesty is one important way to express chastity. Wearing appropriate and non-suggestive clothing, not calling undue attention to your body, and keeping your speech free of sexually suggestive talk are simple ways to let others know what you believe. I never learned how to treat a girl until I dated a girl in college who dressed modestly. She points out that there are three kinds of language: For No to mean No, all three types of language must be saying it at the same time. A girl can say no with words, but her tight skirt and skimpy blouse are saying yes. A boy can say no while his hands are asking for a yes. Another piece of advice is to advertise yourself, not your sexiness. Of course, some young people want to be sexy and provocative. Women have said to me, Oh, I just love it when guys lust after me. When a man lusts after you, you become a piece of meat! He could care less that you have hopes and dreams and desires. All he wants to do is get his hands on your body. Lusting is not a complimentary term.

Speck goes on to offer specific advice to young women: Stay away from tight jeans, dresses slit up the side, short skirts, halter tops, low-cut tops, sleeveless sweaters with big underarms. Put on your outfit, stand in the mirror, and ask yourself, What am I trying to draw attention to? Modesty is not about looking ugly. You can be stylish and still be modest. Modesty uses the beauty of your personhood to send a message about your dignity without speaking a word. Crystalina Padilla Modesty in dress, speech, and action is a virtue that applies to everybody, men as well as women. Thomas Lorimer, in his book *Why Not? Guys*, decide you will not violate the personal space of any woman. Make a covenant with your eyes not to look at the private parts of women. Then date only those girls who demonstrate that they are not confused about personal space. Date those who dress modestly. And dress modestly yourself. How do you say no with words? Saying no often requires more than a one-word answer. Remember, a line demands a comeback that can put an end to the pressure once and for all and really communicate your strong No. Here are some comebacks for some of the standard lines: I love you enough to say no. If you really loved me, you would. I find you very attractive. I like you a lot. How about right now? Then please prove it by respecting my values. What are you waiting for? Are you repressed or something? Sex isn't a big deal. It's a big deal to me, a big deal to my future husband wife, and a big deal to God, and I made a promise I would wait. Although girls can and do often lead guys on, in our experience guys are more likely to use these kinds of lines to get sex. And, sadly, many a girl has fallen for them. A girl may find it hard to believe that a boy is lying when he says, seemingly with great sincerity, I love you! Here is one guy who openly admits this: If I sensed there was a moral dilemma in her mind, I would play any role necessary to reach the point where sex became inevitable. Rehearse your lines and dress the part modestly. Learn how to say No with your body, words, and behavior.

8: THE JOY OF CHASTITY

However, it is a shame that chastity has to be "promoted" and "advocated" like a fad when it ought to be the expected norm. Bible Principles that Relate to Chastity In the first place, we need to recognize that God made us sexual beings (Genesis ; Matthew).

There are many, many people, all over the world, who are chaste and they all enjoy very healthy, fulfilling and balanced sex lives as well –” might I add that they are all married couples. Unfortunately, there is no intention to slight any one here but it has become necessary to further emphasize that when marriage is spoken of or referred to here on this site, Fully Catholic, it is in the context of the TRUE meaning of marriage, which is between one man and one woman. No matter how we try to bend the truth to accommodate sin, the truth cannot and will not change. Chastity or being chaste is not just about an act or avoiding a particular act, it is also about a state of your mind and your heart. The Catholic Church teaches that we are called to live our lives in a way that demonstrates the dignity of the human person by acknowledging and respecting our sexuality as a gift from God. Exactly what does chastity mean for the single person? For a single person, being chaste meant total abstinence from ALL sexual activities. Some may think that it is impossible and foolhardy to even think that this can be done and such a life lived; well I have two things to say to those: Secondly, The Word of God tells us in Philippians 4: There is life after this, and we all will be judged at the end of our earthly lives, and at that judgement, many will be cast into the eternal fire because they rejected God and His ways. Sexual intercourse is the overall self-giving of one individual to another under the Sacrament of Marriage. It is so intimate that it is an emotional, intellectual, spiritual, as well as physical encounter. It is so profound that it strengthens the bonds of marriage and it puts a seal on it as well. The bond of love between husband and wife resembles the adhesive effect of duct tape. As mentioned earlier, sexual intimacy makes and builds up the bond between male and female. So exactly what happens when we are sexually active with different partners outside of marriage? Well if we place a piece of tape on our hand to represent the first individual we have sex with, there is a sturdy bond. Now if we try to remove that tape from our hand, two things happen: Using the same analogy of the duct tape to be sexual union; you move on to a next partner and again, outside of marriage, you become sexually active, a bond takes place there again, but because you have but one sexuality remember the duct tape the bond is not as strong as the first. With this in mind, you can understand the tragedy of someone trying to settle down after going through several sexual partners. Unless there is some deep and true reconciliation, that final bond will be very shaky and unfulfilling. Is there such a thing as chastity in marriage? If or when you are married, you will want your spouse to be faithful to you as well as you to your spouse. That is the essence of living a chaste married life. Recalling the example of the duct tape used earlier, while you are single, for the bond of your sexuality to be at its strongest and therefore its best, you will want to live a chaste life in preservation for marriage. When and while married, for the bonds of marriage to remain strong and pure, you must also continue living chaste lives, being faithful to your spouse alone. That way, you will truly enjoy the intimacy and the depth of your marriage bond and have a really caring partnership. Because the sacrament of marriage is so sacred, and because our sexuality is likewise sacred, any misuse or distortion of sex is terrible and destructive to our spiritual lives. Therefore, even within marriage, the misuse or distorted use of sex is sinful. As Catholics we are called to be an example to others in the world, not just in our public lives but also in our private lives as well since in reality the two cannot be separated. We are called to realize that if we want to experience perfect peace and joy, we must live our lives in accordance with the will of God. God has made us in His image and likeness and if we live according to His precepts we will experience perfect peace. Just how does somebody restore and preserve chastity in his or her life? Any young person who wants to be chaste or restore his or her chaste lifestyle can do so by the grace of Almighty God. It will mean taking up your cross daily and following Jesus. Is it always going to be easy? Jesus has promised us all that He will be with us always; you see, not only does God call us to live a particular way that glorifies Him, He also gives us all that we need to do all that He asks us to do. Young people, God is always there. He never leaves you. He never forsakes you. He is always there by your side to give you the grace, the extra help

you need to be chaste and to live your life in a way that pleases Him. Do not be afraid to call out his name in times of trouble. Pray to him regularly. Allow Jesus to be your best friend. This is critical for any attempting to live the virtue of chastity; or for that matter, anyone who wants to be a follower of Jesus Christ. There is no magic formula for prayer; no fixed set of words, but let it come from your heart. An important aspect of prayer is to listen. You can do this by reading and pondering the Bible, by reading and pondering on the Catholic catechism, and just sitting in silence in the presence of God, before the Blessed Sacrament. Mary the Mother of God is a very powerful intercessor for those wanting to follow Jesus her son. Do not be afraid nor ashamed to ask her to help you. Exactly how do the sacraments help in a chaste way of living? Many of us take vitamins to help build up our bodies and to strengthen our immune system. We will not stop to think twice that when we seem to be coming down with the flu, we need to increase our intake of vitamin C. Just as fervently as we take care of our bodies, we should also do the same for our souls. The sacraments of the Church are to our souls what multi-vitamins and healthy eating are to our bodies. That being said, it is a great practice to go regularly to the Sacrament of Reconciliation, and as a practicing Catholic, you should attend Mass every weekend, receiving Holy Communion in the process. Have you ever gone on a cross country trip on a quarter tank of gas? That is what trying to be chaste would be like without the grace of God so powerfully present in the Sacraments. Through the sacrament of reconciliation, God shows us how much He loves us. By treasuring the gift of our body and our sexuality, and by helping others to genuinely value themselves as well, we show God just how much we love Him.

9: The Joy of Chastity

"It is possible, with God's grace, for everyone to live a chaste life, including persons experiencing same-sex attraction. To deny that the power of God's grace enables those with homosexual attractions to live chastely is to deny, effectively, that Jesus has risen from the dead."

True Chastity is a rejection of impure sexuality. True Chastity is pure sexuality, or the activity of sex in harmony with our true nature, as explained in the secret doctrine. Properly used, the word Chastity refers to sexual fidelity or honor. Chastity is the flowering of man; and what are called Genius, Heroism, Holiness, and the like, are but various fruits which succeed it. They were made of linen, and were white; and Durandus, a celebrated ritualist, says that "by the white gloves were denoted Chastity and purity, because the hands were thus kept clean and free from all impurity. Mackey [] Even St. Thomas Aquinas, the well-known Catholic philosopher, clearly stated that chastity is sexual purity: We must next consider Chastity: Virginité having no experience of sexual activity Continence having control of sexual activity Matrimony having sexual activity in accordance with divine rule In regards to Chastity as related to purity, St. Thomas Aquinas argued in his Summa Theologica: Therefore purity belongs properly to Chastity. I answer that, As stated above OBJ[2] , "pudicitia" [purity] takes its name from "pudor," which signifies shame. Hence purity must needs be properly about the things of which man is most ashamed. Now men are most ashamed of venereal acts, as Augustine remarks De Civ. Q[[]] of marriage, is not devoid of shame: Now man is ashamed not only of this sexual union but also of all the signs thereof, as the Philosopher observes Rhet. Consequently purity regards venereal matters properly, and especially the signs thereof, such as impure looks, kisses, and touches. And since the latter are more wont to be observed, purity regards rather these external signs, while Chastity regards rather sexual union. Therefore purity is directed to Chastity , not as a virtue distinct therefrom, but as expressing a circumstance of Chastity. Nevertheless the one is sometimes used to designate the other. Thomas Aquinas argued in his Summa Theologica that " Chastity , which is about venereal pleasures, is a distinct virtue from abstinence, which is about pleasures of the palate. To the celibate who conserves the semen with great efforts, what is there unattainable in this world? By the power of the composure of the semen , one will become just like Myself. Brahmacharya is a divine word. It is the sum and substance of Yoga. Brahmacharya is the Achara or conduct by which you attain or reach Brahman God. It is life in the Absolute. It is movement towards God or the Atman Self. Brahmacharya is absolute freedom from sexual thoughts and desires. It is the vow of celibacy. It is control of all the senses in thought, word and deed. Brahmacharya is not mere bachelorhood. There should be strict abstinence not merely from sexual intercourse but also from auto-erotic manifestations, from masturbation, from homosexual acts and from all perverse sexual practices. It must further involve a permanent abstention from indulgence in erotic imagination and voluptuous reverie. In a narrow sense, Brahmacharya is celibacy. In a broad sense, it is absolute control of all the senses. The door of Nirvana liberation or perfection is complete Brahmacharya. Celibacy is to a Yogi what electricity is to an electric bulb. Without celibacy no spiritual progress is possible. It is a potent weapon and shield to wage war against the internal evil forces of lust, anger and greed. It serves as a gateway for the bliss beyond, and opens the door of liberation. It contributes perennial joy and uninterrupted bliss. It is the only key to open the Sushumna the chief among astral tubes in the human body running inside the spinal column and awaken the Kundalini the primordial cosmic energy located in the individual. There cannot be any language without words. You cannot draw a picture without a canvas or a wall. You cannot write anything without paper. Even so, you cannot have health and spiritual life without celibacy. An established celibate will not feel any difference in touching the opposite sex, a piece of paper, a block of wood, or a piece of stone. A true celibate only can cultivate Bhakti devotion. A true celibate only can practice Yoga. A true celibate only can acquire jnana wisdom. Brahmacharya is meant both for men and women. First control the sex-impulse and sex-Vasana sex-desire. Then practice conservation of sex-energy. Shut out all holes through which energy leaks. Then divert the conserved energy into proper spiritual channels through Japa, Kirtan, selfless service, Pranayama practice of breath-control , study, vigilance, self-analysis, introspection and Vichara. Then have conversion or

sublimation of the sex-energy. Let it be converted into Ojas spiritual energy or Brahma-tejas spiritual halo through constant Meditation or Brahma-Chintana remembrance of God. According to Yogic science, semen exists in a subtle form throughout the whole body. It is found in a subtle state in all the cells of the body. It is withdrawn and elaborated into a gross form in the sexual organ under the influence of the sexual will and sexual excitement. An Oordhvareta Yogi one who has stored up the seminal energy in the brain after sublimating the same into spiritual energy not only converts the semen into Ojas, but checks through his Yogic power, through purity in thought, word and deed, the very formation of semen by the secretory cells or testes or seeds. This is a great secret.

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