

**Ready to practice  
Chastity?**

Pray and God will give you  
the strength.

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

Every day ask the Lord for His  
forgiveness and Strength!

“ 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*

Believing that  
**true love waits,**  
I make a commitment to God,  
myself, my family,  
my friends, my future mate, and  
my future children  
to be sexually abstinent  
from this day  
until the day  
I enter a  
biblical marriage relationship.



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**S**  
*safe*

**Only**  
**E**

**when**  
**X**  
*saved*

# 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 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 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*