

# Chastity

**Chastity is** maintaining sexual purity and reserving sexual attraction, responses, and intimacy as a special and respectful gift to share with a marriage partner.

## **Someone practices Chastity effectively when he/she:**

- Moderates and restrains the power of attraction to others, channeling it appropriately with a chosen partner; avoids inappropriate flirting or contact in person or through electronic media
- Regards sexual intercourse as a spiritual act of unity that is only consummated within marriage
- Releases passion appropriately with his/her spouse, understanding what is sexually pleasurable to him/her and meeting his/her needs as much as possible as well as his/her own
- Abstains from sexually and physically arousing and intimate acts before marriage or outside of marriage with someone other than his/her spouse
- Speaks, dresses, and moves modestly to avoid inviting inappropriate attention, touch, and sexual attraction; respects appropriate privacy
- Strives to keep his/her mind from holding onto sexual thoughts and also to control his/her sexual desires and impulses, other than appropriate ones related to his/her spouse
- Avoids substances such as alcohol, drugs, or certain situations because they may reduce his/her sexual inhibitions
- Chooses respectful entertainment and activities for others and himself/herself; avoids telling or listening to jokes or stories with sexual content
- Builds and maintains strong platonic friendships with both men and women, keeping appropriate boundaries and avoiding sexual innuendos, domination, or seduction
- Treats the bodies, minds, hearts, and souls of others with equality, respect, and gentleness
- Fills his/her life with worthwhile purposes and service, placing less focus, emphasis, and importance on sex, especially prior to marriage

## **Someone needs to strengthen Chastity when he/she:**

- Has sex outside of marriage, which can threaten health, well-being, jobs, or family unity
- Sees sex as the primary way to achieve happiness or to have a relationship
- Acts in a sexually seductive manner or engages in arousing or sexual touch outside of marriage
- Values a partner's physical attributes more than his or her character qualities; views anyone as a sex object instead of as a whole person
- Views sex as a game, spectator sport, diversion, opportunity for conquest, imposition of power, something to brag about, way to become acquainted, or as a means of self-centered relaxation
- Pursues pleasure through sexually stimulating entertainment or activities with others besides a spouse (in person or through electronic media)
- Engages in excessive sexual fantasies, particularly about a non-marriage partner; views or participates in pornography; excessively masturbates; or becomes addicted to sexual pleasure
- Abuses others sexually by forceful or manipulative behavior, threats, or violence

## **Someone misuses the strength of Chastity when he/she:**

- Rejects or disparages his/her own natural sexuality and sensuality or that of others, acting as if sex is something dirty or wrong rather than a spiritual gift contributing to the unique bond that unites a married couple
- Fails to communicate affectionate feelings to a partner/spouse both verbally and physically
- Judges, condemns, gossips, or backbites about the sexual activities of others or himself/herself