

# FAITH CHAT

with James & John

## Who Is Called To Live A Chaste Life?

Know This...

Are you comfortable with the idea of chastity; or, does it frighten you? Chastity is a beautiful gift from God; so it should not frighten the faithful Christian. Chastity is the moral virtue that directs our sexual thoughts, desires, and actions according to our state in life. Chastity calls the married person to share marital intimacy for the good of their spouse and family. Chastity calls the unmarried person to avoid all 'willful' sexual thoughts, desires, and action. God calls all of us to live a chaste life.



**John:** Every thing from God is beautiful. Human sexuality is from God; therefore, it is beautiful. Chaste human sexuality sanctifies both body and soul.

**James:** The Church is not obsessed with sex, the world is. The Church teaches that every man and woman should acknowledge and accept the sanctity of sexuality.



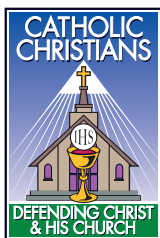
**John:** A chaste life exhibits self-control and self-mastery, not repression and enslavement. Chastity in marriage, the priesthood, and religious communities brings life into the Church.

**James:** In marriage, husband and wife—open to God's gift of life—bring physical life into the Church. Celibate priests and consecrated virgins—open to the fruits of the Holy Spirit—bring spiritual life into the Church.

**John:** When we practice chastity, we say yes to the true meaning and beauty of sex, we refuse to use others for self-gratification, and more importantly, we freely give our love to others as God freely gives His love to us.

Deacon John Beckmann and Deacon James Russell are permanent deacons in the Archdiocese of St. Louis.

Please visit: [www.catholicchristians.com](http://www.catholicchristians.com) for more insight into the teaching of Jesus Christ and His Church.

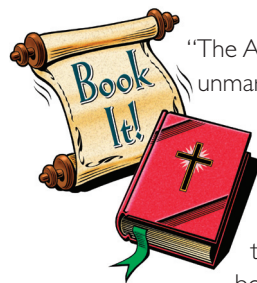


"Jesus said, 'You have heard that it was said, 'You shall not commit adultery.' But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.'" Mt 5:27-28 "Blessed are the pure of heart for they shall see God." Mt 5:8

"Do not say you have chaste minds if you have unchaste eyes, because an unchaste eye is the messenger of an unchaste heart." St. Augustine "The first degree of chastity is pure virginity; the second is faithful marriage." St. John Chrysostom "Chastity includes an *apprenticeship in self-mastery* which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy." CCC 2339 "Self-mastery is a long and exacting work. One can never consider it acquired once and for all." CCC 2342



**BE ATTITUDES** "A man who governs his passions is master of the world. We must either command them, or be enslaved by them." St. Dominic "Inordinate love of the flesh is cruelty, because under the appearance of pleasing the body we kill the soul." St. Bernard "Chastity, the lily of virtues, makes men almost equal to angels. Nothing is beautiful but what is pure, and the purity of men is chastity." St. Francis de Sales "For everyone, whatever his state—single, married, widowed, or priest—chastity is a triumphant affirmation of love." St. Josemaría Escrivá



"The Apostle Paul says, 'Be free of anxieties. An unmarried man is anxious about the things of the Lord, how he may please the Lord. But a married man is anxious about the things of the world, how he may please his wife, and he is divided. An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit. A married woman, on the other hand, is anxious about the things of the world, how she may please her husband. I am telling you this for your own benefit, not to impose a restraint upon you.'" 1 Cor 7:32-35

Loving God, you created me in Your image and likeness. My human sexuality is a gift from You. You call me to guard it, not hide it. May all the baptized strive to live chaste lives according to their state in life. I ask for the grace I need to 'put on Christ' the model of all chastity and to turn away from lustful thoughts and other sins of the flesh. Grant this through Christ Jesus, Your Son, my Lord. Amen.

