

RESPECT LIFE EDUCATION
CHASTITY PRESENTATION OUTLINE

- A. Introduction
 - a. Speakers
 - b. The Battle We Are Fighting
 - i. Love vs. Lust, but Love is more powerful
 - ii. God's gift of sexual union as an expression of perfect love between husband and wife
- B. In the Beginning
 - a. The Lord God said, "It is not good that man is alone. I will make a suitable partner for him" (Genesis 2:18) and creates Eve
 - b. They loved perfectly, and they loved God
- C. The Fall
 - a. Skit
 - b. Love is so central for God's plan for humanity, this is exactly where the Devil, the serpent, chose to strike.
 - c. Right after Adam and Eve disobey God, they are scared, ashamed, irresponsible, and divided. This looks like our world today, and this is why we have this battle in our hearts.
- D. Theology of the Body
 - a. Pope John Paul II *Theology of the Body*, 129 short talks about our sexuality and God's plan for our lives.
 - b. Reflects on what our bodies and our sexuality teach us about the meaning of our lives.
 - c. Original Man (before the Fall), Historical Man (after the Fall/ redeemed), Eschatological Man (resurrected life in communion with God)
- E. Original Man
 - a. Since everything that God made is good, our sexuality is good too! Sexual union is an awesome gift from God: a deep expression of love between two people who God joins into "one flesh."
 - b. For the Church, sex is not just something that you "save" for marriage- sex *IS* marriage.
 - i. A man and a woman are not married in the eyes of the Church until they have consummated, or completed, their vows through the gift of themselves to each other in sexual intercourse.
 - ii. In the Old Testament, two people were considered married after consummating their union.
- F. Chastity vs. Abstinence
 - a. Sexual abstinence means saying "NO" to all sexual activity.
 - b. Chastity is saying "YES!" to God's gift of sexuality. Chastity is the virtue that keeps sex connected with love, respect and the marriage of man and woman. Chastity is not only about your actions, but also about your thoughts and desires. It means not only rejecting impure *acts* but *thoughts* as well.

- i. For married people: being chaste mean being faithful to your spouse and being open to life.
 - ii. For someone in the religious life: **celibacy**, which means not having sex because you have given your whole life, body, mind and soul to the Church.
 - G. Sex does not equal love. Depression: boys are 8x more likely, and girls 3x more likely, to attempt suicide after experiencing the heartache of a broken relationship in which they were sexually active.¹
 - H. True Love
 - a. Sacrificial
 - i. If you want to learn what love is, look at Jesus Christ on the Cross.²
 - ii. Jesus loved each one of us so much that He gave up His life for us so that we could be with Him in heaven for all eternity.
 - b. First Corinthians chapter 13: “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”
 - I. Sex IS marriage
 - a. The sacrament of marriage gives a couple *the grace* they need to fulfill their lifetime commitment to each other.
 - b. In the wedding vows, the husband and wife promise that they will give themselves to each other in a way that is **free, total, faithful, and fruitful**. Within the sacrament of marriage, sex is the beautiful fulfillment and lifetime restatement of these wedding vows.
 - J. Free
 - a. Self-control and mastery over your passions/ desires/ temptations is true freedom.
 - b. Only through living chastely and gaining control of yourself can you freely give the gift of yourself to your spouse.
 - K. Total
 - a. Through marriage, we commit to living together and sharing our entire life with another person—totally giving ourselves to our spouse.
 - b. Sex is the act which provides a physical and emotional expression of this total self-gift.
 - L. Faithful
 - a. You cannot give *all* of yourself to more than one person.
 - b. Only within this setting can couples give themselves “freely” and “totally” without the fear of betrayal, abandonment and loss.
 - c. Nothing magical happens on your wedding day that removes your attraction to anyone other than your spouse. Being chaste before marriage

¹ “Sexually Active Teenagers Are More Likely to Be Depressed and to Attempt Suicide,” Heritage Center for Data Analysis (2003); “Which Comes First in Adolescence – Sex and Drugs or Depression?” American Journal of Preventive Medicine, vol. 29 (2005).

² Note: point to a crucifix or a slide – this point needs to be made very strongly.

prepares you to be chaste in marriage, giving you the confidence that you can remain faithful to your spouse, *and* that your spouse can and will remain faithful to you.

M. Fruitful

- a. The sexual union of man and women is a blessing to participate in God's Plan for life by giving them the opportunity to be co-creators in bringing a new human person into the world.
- b. Our fertility is a part of our sexuality – when we give ourselves to a spouse in sex, we give them everything we have, including our fertility.

N. Bonding Chemistry

- a. God wanted a husband and wife to bond with each other completely and to be faithful to each other, it's no wonder that He gave our bodies hormones to help us strengthen these bonds!
- b. Female hormone: Oxytocin
- c. Male hormone: Vassopressin (and some oxytocin)

Duct Tape Demonstration May be Done Here

O. Historical Man

- a. Lust—desire to use another for selfish gratification
- b. Love—desire to give yourself totally and sacrificially to another.

P. Modesty

- a. Men are visually stimulated- women dressing immodestly does get attention, but it's lust, not love
- b. Women- you must teach men how to treat you, and this begins with modest dress
- c. Men- no matter how a woman dresses, you must protect her dignity

Q. Masturbation

- a. Masturbation means touching your own genitals in order to sexually arouse yourself.
- b. This is wrong because our sexuality is meant to make a gift of ourselves to another freely, totally, faithfully and fruitfully- masturbation is none of these.

R. Pornography

- a. Pornography is inappropriate pictures, videos or writing intended to sexually arouse the viewer.
- b. Pornography hurts the viewer, it hurts the future spouse of the viewer, and it hurts the person in the picture
- c. Whenever we look at porn, we are a part of keeping these men and women trapped in that industry—trapped in sex slavery.
- d. It's hard to think of many better ways to wreck a future marriage than to fill your mind with hundreds of vivid, unforgettable sexual images of people who are not your spouse!

S. Homosexuality

- a. God made us male and female, and sex brings man and wife together into “one flesh.”
- b. A marriage needs the **spiritual and emotional complementarity, biological, physical complementarity** of men and women.

- c. God could have chosen to make us all one sex—but He didn't, and there are good reasons for it.
- d. As we explained earlier, marriage *IS* the sexual union of a man and a woman.
- e. The Church teaches that it is absolutely wrong to discriminate against, judge, or show hatred to anyone. So always remember that the Church's teaching is meant to help people with same-sex attractions discover the freedom of a chaste life so that they can achieve freedom and happiness.

T. Contraception

- a. Sex is supposed to be the “free, total, faithful and fruitful” gift of yourself to another person. ***Contraception contradicts all of these marriage vows.***
- b. Our fertility is one of the greatest gifts that God has given us.
- c. The pill
 - i. Explanation of why it is an abortifacient.
 - ii. makes women more vulnerable to STDs, negative emotional side effects and several other physical problems.
 - iii. FYI--Some women are told that they need to take the pill for “medical reasons” and there is evidence that this may not be the case. There are other options to taking the pill. If you have questions regarding this, check out Pope Paul XI Institute, a medical organization that specializes in medical treatment alternatives that are in line with Church teaching.

U. Natural Family Planning

- a. A woman can determine when she is fertile (capable of becoming pregnant) by observing signs in her body. The couple using NFP abstains from sex for a time each month when the woman is fertile, or engages in the marital act if desiring to have children.
- b. A German study recently showed that when used correctly, NFP is 99.6% effective at postponing pregnancy.
- c. For most of the country, nearly half of marriages end in divorce; but for couples using NFP, only 2% get divorced.
- d. Breast-feeding frequently, or “on-demand” also inhibits ovulation. Breast-feeding also releases oxytocin, bonding the woman with her children. See, God knows what He's doing if we only will trust Him!

V. STDs

- a. Cause infertility, birth defects, cancer, etc
- b. Can be transmitted through any genital contact/ body fluids
- c. Condoms do not protect against much- they can be transmitted through skin to skin contact as well

W. Eschatological Man

- a. It is what we all strive for now, and look forward to, after death: it's Heaven!
- b. People called to the religious life get a taste of heaven by completely giving their lives to God and uniting themselves with Him.

- c. Marriage also gives us a taste of heaven on earth. God made us so that when a man and woman have sex, they literally become a “communion of persons.”
 - d. The Family is a symbol of God as an eternal exchange of Love in the Trinity
- X. DVD of teens and young adults talking about actually trying to follow chastity as their way of life, along with some of their experiences
- Y. Practical Advice
- a. Ask yourself “What is the best way that I can respect God, my partner, myself, and my future spouse?”
 - b. You should never put yourself in a situation where you are fighting your body—and you should never put someone else in the situation where they are fighting their body.
 - c. Avoid pornography, dress modestly, and that we avoid tempting situations
 - d. Surround yourself with people who believe the same things you do.
 - e. Every relationship you have should bring you closer to God.
 - f. **PRAY**
 - g. EUCHARIST This is where He shares all of His power with us through His body.
 - h. Sacrament of Reconciliation. God can make you a new creation and He can heal all of your sins if you turn to Him with repentance and a converted heart.
- Z. Ending:
- a. Pray for yourself, and also start praying for your future spouse, because if you are meant to marry, he or she is out there. Let your life be an inspiration to everyone around you; help your friends to live out this call to chastity, too.
 - b. “...fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honor, everything that can be thought virtuous or worthy of praise.” Phil 4:8