

Christians Are Faithful in Love

Keep these ideas in mind as you study **Chapter 22**.

❖ Sex is a special gift God gave married men and women. It is a way they can share their love and create new life. When sex is shared between people who are not married to each other, God's plan is not followed, and problems usually result.

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❖ Without chastity, sexuality loses its power. Chastity is found through self-control and prayer. It unites our sexuality with our spiritual nature.

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❖ Through chastity we respect our bodies and the bodies of others. In this way, sexuality is saved for when we express our deepest love.

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❖ The Sixth Commandment tells us not to commit adultery. Adultery is giving someone the love promised only to your marriage partner.

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❖ The Ninth Commandment tells us not to covet your neighbor's wife. This commandment reminds us to be faithful in marriage. A person should not desire someone outside his or her marriage.

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❖ The Sixth and Ninth Commandments refer to married people, but these commandments remind us that we all should treat sex with reverence.

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❖ Mary is also known as Mother Most Chaste. She was a good wife and mother. She knows that temptations surround us, and she wants to help us choose what is right. She is a good person to pray to when we face challenges to chastity.

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❖ Prayer can help us achieve self-control and chastity. The Holy Spirit can give us love and courage. Mary always wants to help.

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❖ The Sixth and Ninth Commandments remind us to treat sex with reverence. They remind us to speak privately and reverently about sex.

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