

The Way of Human Dignity

Keep these ideas in mind as you study *Chapter 24*.

❖ God wants you to respect your own sexuality and the sexuality of others. He wants you to understand and appreciate the gift of sex.

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❖ The Sixth Commandment forbids the sin of adultery. The Ninth Commandment tells us not to covet our neighbor's wife. These commandments protect the love of a husband and wife and the sacredness of family.

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❖ Three basic characteristics of true marriage are unity, permanency, and openness to conceiving children.

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❖ While marriage is a personal commitment between a husband and wife, it is also a commitment to build up the People of God.

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❖ An annulment is a declaration that a marriage was not valid and sacramental in the first place because an essential element for marriage was missing.

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❖ Chastity controls our sexual desires by conforming them to right reason and Christian faith. Chaste people control their sexual desires.

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❖ If your sexuality is precious to you, you will avoid people, places, and situations that may tempt you to be untrue to yourself.

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❖ Saint Maria Goretti is the saint of purity. In an extreme way, her story teaches us how precious God's laws are.

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❖ The Blessed Virgin Mary, the woman called "Mother most pure," can help us practice chastity. She can help us become more like her Son.

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❖ To grow up whole and holy, develop real friendships, read about great men and women, be modest in dress, and replace impure thoughts with pure ones.

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