

## Bishop Edward J. O'Donnell Scholarship

### **Chastity (Acrostic Poem)**

#### **C: hastity**

Chastity is the virtue that turns our sexual desires, thoughts, feelings, and actions toward God's plan for our sexuality, which respects our own dignity and that of others. We can be chaste and modest by respecting ourselves and others through actions, speech, and appearance. Chastity is a gift from God; how we use it is our gift back to Him.

#### **H: ealth, Holiness, and Happiness**

Chastity keeps us healthy, holy, and happy. If we resist all inappropriate sexual desires, not only will it prevent us from later diseases but will also keep us in a healthy relationship with God which will in turn keep us holy and happy.

#### **A: bortion**

Abortion is the killing of an unborn child to end a pregnancy. Being chaste and resisting premarital sex will keep us safe from unplanned pregnancy and therefore protect us from abortion.

#### **S: elf-Respect**

Self-respect is an important aspect of chastity. As soon as we have respect for ourselves we are then able to respect others which will keep us from situations and decisions we will regret.

#### **T: rue Happiness**

By staying chaste we are staying close to God which will in the end, lead us into true and eternal happiness.

#### **I: ncrease**

As we grow in chastity, we also increase in the love and respect we show to others because of the love and respect we have for ourselves that we receive from chastity.

#### **T: rue Holiness**

Through chastity we become holy. If we see everyone in God's image and understand the true gift of sex, we can use it as a holy gift in a holy relationship. This will allow us to be truly holy with God, others, and ourselves.

#### **Y:ield**

Before saying, acting, or wearing anything, yield and think, "Would I say this to God? Would I do this with God around? Would I wear this face-to-face with God?"

Riley Cappozzo, May 2019