Dear Heavenly Father,

You teach that we are created for relationships. Not just a simple relationship with others, a relationship of love. You made us to spread Your love to others in a healthy way. When it comes to sexuality, we call this chastity.

Help us to live a chaste life even though it is difficult in today’s world. Guide me to stay away from the messages of our popular culture that often treat the body as an object to be used simply for pleasure and not for love. Many of those messages are tempting. The idea of doing what we want with our bodies seems only fair. But life is not always about the choice I want, but the choice that will be truly good for myself and others. Give me the grace to see that a holy life is what will lead to my true happiness in the end.

Lord, help me to know what is right in difficult times. Even if pressured, guide me to make good choices for my spiritual and physical health for myself and the ones that I love. Teach me to see more deeply that chaste love leads to peaceful relationships and helps us avoid any temptation to take away innocent lives.

Lord, You taught us that You are the truth and that the truth will set us free. Help me to see that chastity leads not to the freedom to do whatever we want, but to the freedom that comes with treating other people with love and respect.

Luke Rosenberg

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