

Knights of Columbus Scholarship Winning Entry

Chastity: A Living Virtue

Most people believe chastity means not having any sexual relations before marriage. Chastity is much more: it is a living virtue. It is a choice about how we are going to live our life. Chastity is the guide to a morally pure life which helps us grow closer to God and gives respect to our future spouses. Chastity protects us from abortion and blesses us with holiness, health, and happiness.

Chastity blesses us with holiness. We are formed in God's image so as we show respect for our own body and the body of others, we show respect to God. "Do you not know that your body is a temple of the Holy Spirit?" (1 Corinthians 6:19-20). Furthermore, being chaste clears our minds of impure thoughts, and desires which allows us to be mindful of what is truly important in our life.

Moreover, chastity blesses us with health. By living chastely, we can protect ourselves from abortion caused by unplanned pregnancies. New STDs affect over 20 million people annually, leaving some with long-term effects that impact their ability to conceive a child. Chastity can help prevent STDs along with helping our mental health by saving ourselves from depression or worse that can appear after having an abortion or engaging in behaviors that leave us feeling shameful or guilty.

Additionally, chastity blesses us with happiness. Chastity helps lead us to true love that focuses on the needs of other people, not just what we want. It is the love given to our spouse by being chaste and caring so much about them because we want them to be happy with God in heaven. Chastity gives us happiness for a lifetime, not just a moment.

Chastity protects us from abortion and blesses us with many gifts. This living virtue offers us the pathway to be blessed with holiness, health, and happiness. The blessings we receive by choosing chastity far outweigh the work to remain chaste in a world that expects just the opposite. Chastity isn't just about saying "no"; it's about saying "yes" to God.

Charlie Schueppert

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