

Mary Forrestal Hennessy Scholarship

Why I Practice Chastity

In preparing for the Sacrament of Confirmation, I learned that the virtue of chastity is one of the fruits of the Holy Ghost. The *Baltimore Catechism* tells us that chastity “Disposes us to be pure in soul and body.” I can practice this virtue by seeing and respecting all people as children of God, created in His image, and not as objects of pleasure. As a chaste person I must think, act, and desire only what is pure. One of the ways I can exercise the virtue of chastity is by directing my thoughts “by prayer and reason to a love of God who made the senses for His own glory,”* rather than using my senses to please myself.

In *Humanae Vitae*, Pope Paul IV spoke out against abortion and contraception and how they would lead to an unhealthy society and the culture of death. The culture of death degrades the human family, ignores the dignity of human life, and destroys the life of the unborn child. Many women who choose to have an abortion suffer spiritual, emotional, as well as physical side effects, including injury or death, as in Kermit Gosnell’s clinic. Following God’s will, I will use my senses for God’s glory and avoid abortion and uphold the dignity of all human life. I will wait for true love and marriage and give my children life, along with the love and health of a two-parent family.

Pope John Paul II told us “As goes the family, so goes the society.” In the society where chastity is practiced, abortions will not be performed because all women will respect not only “their own body,” but also the body and soul of their child. There will no longer be sorrow or depression from the loss of a child through abortion. Holy marriages will be made and the children will be conceived out of love. They will be given the blessing and happiness of being born and loved by a family. All people will enjoy the great happiness of that comes from following God’s will, practicing the virtue of chastity, and living for holiness.

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*Broderick, Robert C. *The Catholic Encyclopedia*. Nashville: Thomas Nelson, Inc., 1987.