

Chastity is an important virtue that protects and respects life itself. Living out the virtue of chastity shows us that all life is sacred. Chastity also shows us how to respect our bodies. God gives us the grace to live out chastity as a virtue, and with that grace we should protect and respect the life of everyone, even the unborn.

Today in the 21<sup>st</sup> century, it has become very important to protect life. Evil things such as abortion, euthanasia and capital punishment have become normalized in this new age. As a church of God we need to have the virtue of chastity to protect life from these crimes that have become legal. Life is one of the greatest gifts we can receive from God, so we need to protect this powerful gift of life by having faith, praying and asking God to give us this powerful grace of chastity.

As a Catholic community, we should promote chastity the same way St. Paul promoted Christianity: by spreading the word around the world. St. Paul had to travel by foot and boat just to spread God's word. Why don't we spread His word just as much? In this new age we are able to communicate with the press of a button, so we should be using every piece of technology to promote and spread the word of God.

In the Old Testament, any piece of scripture from God was documented and kept sacred. So why do we use God's word (which is life) so horribly? We use His word as if it was trash, throwing it away, treating it like garbage, killing it. We need to protect life for everyone. Many people say that they do not care about God because they have never seen Him in their life, but this isn't true. We see God in our everyday life because every person, every unborn person, every single life is a sign of God.

Isaac Aguayo

