

Blessed Virgin Mary,

I ask your help to obtain the self-restraint to live out a chaste life just as you did. I pray that as God's daughter I may have a deeper understanding of how my choices and actions impact how others perceive me. I pray that I can motivate others around me to follow God's plan for their sexuality. I can do this through your intercession by speaking respectfully, watching appropriate movies, having open relationships, staying responsible at public events and promoting a chaste life to future generations.

Heavenly Mother, please help me lead a life of chastity by dressing modestly, so that I can treat my body more as the God-created temple it is rather than an object and so that I can show the importance of chastity in my life. I pray for the willpower to avoid films, TV shows and movies that show sex as entertainment purely about pleasure, rather than the sacred intimate thing only to be done by a husband and wife.

I ask that when the time comes, I may find a life partner with good morals, that I may be able to express my beliefs on chastity, and we may be able to help each other along the way. Similarly, I seek your help to guide me to remain respectable when alcohol is involved, so that I do not put myself in a position in which my chastity is questioned.

Lastly, I pray for all the struggling teen moms or pregnant mothers. I pray that instead of shaming their situation, the Catholic community can work together to support them and their children, and can offer other plans than abortion. I pray that we can help them feel your presence while making their decisions.

Mary Mother of God, I ultimately ask you for the strength to know when to step in and make a suggestion on the importance of chastity, so that my efforts of living a chaste life may be noticed by someone and impact their life for the better. Thank you for being an incredible inspiration and chaste role model. Amen.

Isabella Heit