

We Are Faithful to Ourselves and Others

Keep these ideas in mind as you study *Chapter 16*.

❖ Genesis 1:27 says that God created male and female in his image. Each of us can be proud to be a boy or a girl and be happy with the wonderful body God has given us. We are true to ourselves and others when we treat our bodies with respect.

PAGE 103

❖ Praying to the Holy Spirit, respecting your body and the bodies of others, and watching movies with good values are a few ways to keep ourselves holy.

PAGE 104

❖ The Sixth and Ninth Commandments help us be faithful to the people in our lives.

PAGE 105

❖ God wants us to have many good friends. Friends are people who care about each other. They are faithful to each other. Friends help each other love God and do what is right.

PAGE 105

❖ When a man and a woman want to share their lives together and start a new family, they get married.

PAGE 106

❖ Through the Sacrament of Matrimony, a man and a woman make special promises to each other before God at their wedding. They promise to love and care for each other always. Through the Sacrament of Matrimony, the Holy Spirit helps the husband and wife keep their promises.

PAGE 106

❖ We belong to God because he made us. He came to live in us at Baptism. We are temples of the Holy Spirit, and we should respect our bodies.

PAGES 104, 107

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