

The Way of Human Dignity

Keep these ideas in mind as you study *Chapter 24*.

❖ God wants you to respect your own sexuality and the sexuality of others. He wants you to understand and appreciate the gift of sex.

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❖ The Sixth Commandment forbids the sin of adultery. The Ninth Commandment tells us not to covet our neighbor's wife. These commandments protect the love of marriage partners and the sacredness of family.

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❖ Three basic characteristics of true marriage are unity, permanency, and openness to conceiving children.

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❖ While marriage is a personal commitment between a husband and wife, it is also a commitment to build up the People of God.

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❖ An annulment is a declaration that a marriage was not valid and sacramental in the first place because an essential element for marriage was missing.

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❖ Chastity controls our sexual desires by conforming them to right reason and Christian faith. Chaste people control their sexual desires.

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❖ If your sexuality is precious to you, you will avoid people, places, and situations that may tempt you to be untrue to yourself.

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❖ Saint Maria Goretti is the saint of purity. In an extreme way, her story teaches us how precious God's laws are.

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❖ The Blessed Virgin Mary, the woman called "Mother most pure," can help us practice chastity. She can help us become more like her Son.

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❖ To grow up whole and holy, develop real friendships, read about great men and women, be modest in dress, and replace impure thoughts with pure ones.

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