

Why I Am Catholic

The Virtue of Virginity

The Church defends the virtue of virginity and the commitment to the living of a chaste life that includes sexual abstinence and moral discipline.

The Scriptures speak of self control and reining in the passions of lust and pride. The Church teaches and believes that, despite the wounds of original sin and the temptations of this world, we are still capable of living good and holy lives. Followers of Christ especially can do this through the restoring grace of baptism, the daily graces we receive, a strong faith, the sacraments, and the guidance of the Holy Spirit.

We do not have to give in to temptation or follow bad examples. In fact, moral and sexual responsibilities are requirements for all believers and the call to give good examples. We must choose to cooperate with God's plan for our lives and our bodies; to be pure in heart, mind, and body; to believe His way is best.

Those who give in to the temptations of lust and selfish pleasure always eventually suffer and others suffer because of their poor choices. And it is very hard to overcome a bad choice. It is easier to resist temptation than we think.

Today almost 80 percent of high school seniors have already had pre-marital sex. About 33% have at least one sexually transmitted disease (STD). One in five (20%) have already had six or more sex partners. And we wonder why the divorce rate and number of broken relationships is on the rise.

In contrast, the church has a number of heretic saints who defended their virginity even unto death and others who lived lives of chastity and purity. There were even married saints who practiced marital abstinence and followed church teaching regarding the purpose of sex.

The most well known are the heretic teenage martyrs: St. Agatha, St. Lucy, St. Agnes, and St. Maria Goretti. They relied on God and turned to Him in their trials.

The saints fought the fires of their passions to avoid the fires of Hell. They disciplined their bodies and minds to resist temptation and to seek Christ above all things. And when they were weak or even gave in to temptation, they went to confession for forgiveness and strength.

The saying goes, "The eye is the window to the soul." Today, the number one battle is with what we take in with our eyes. The Internet, TV, magazines, movies, music videos, etc., are full of racy and pornographic images and pictures. We must be careful with what we view and discipline our eyes to look away (or close) when something appears unexpectedly. And remember it is for our own good that we guard our eyes and hearts and protect our bodies.