

## Benefits of Pure Living

- living by reason as a person – not just by urges like an animal
- more fulfilling / meaningful
- more true friends / better friends
- able to be a true friend
- the interior freedom to be able to love
- protecting the dignity of every person
- healthier relationships now
- stronger, healthier, happier marriage or celibate vocation in the future
- upholding the sacredness of sex
- growing in friendship with God, the ultimate source of all happiness
- more self-control
- more open and honest with loved ones
- more respect and trust from others
- the ability to see others rightly
- staying on the right path to my final destiny – God
- treating others as persons to be loved, not ever objects to be used
- lasting happiness / joy (not just fleeting pleasures)

**(See over for how to use this list.)**

## How to use this list (and what it's for)

This list can be used to train our passions. Repeatedly bringing to mind the wonderful benefits of a pure life will gradually “convince” our feelings to work with us in living chaste lives – free, honest, hopeful, fruitful lives – instead of pulling us in a different direction when temptations come.

1. Read through the list and add any more items you can think of.
2. Highlight the benefits that are most important to you. (Or circle the dot if you don't have a highlighter.) Choose about 7-10 items.
3. Keep the list somewhere where you will see it daily.
4. Read over the list daily, focusing on the highlighted items – e.g. during a daily prayer time. Use more often – several times a day – when struggling with temptations, fears, or worries).
5. If you like, add some inspirational quotes. Some examples are listed below and there are many more in the sidebars of your workbook.

“Blessed are the pure of heart, for they shall see God.” ~ Jesus, as quoted in Mt. 5:8.

“Chastity is not the absence of temptation, but the victory of love over temptation.”

~ Jason Evert, *Pure Love*, p. 39.

“Be not afraid!” ~ Pope St. John Paul II

“In the world you have tribulation; but be of good cheer, I have overcome the world.”

~ Jesus, Jn. 16:33

“Be who God created you to be and you will set the world on fire!” ~ St. Catherine of Siena