

# Youth Lesson: Why is Chastity Important in God's Plan?

## Introduce the topic:

What are some of the things you are learning how to do and manage as a teenager to prepare you for adulthood?

- Money
- Time
- Cooking
- Cleaning
- Work
- Child care
- Friendships
- Dating

With each of these we have to learn how to manage our thoughts, our feelings, and our actions to help us create the life that we want for ourselves, right?

Another thing that we need to learn how to manage as a teen is our sexuality. When we came to earth we were given bodies that have sexual feelings and desires. But we get to decide, and learn, how to manage them.

## We were created in God's image

**QUOTE 1:** Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our pre-mortal existence. Thus, our relationships with other people, our capacity to recognize and act in accordance with truth, and our ability to obey the principles and ordinances of the gospel of Jesus Christ are amplified through our physical bodies. In the school of mortality, we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even the challenges of physical limitations in ways that prepare us for eternity. Simply stated, there are lessons we must learn and experiences we must have, as the scriptures describe, "according to the flesh" (We Believe in Being Chaste, by Elder David A Bednar)

**QUOTE 2:** Genesis 1:27 - So God created man in his own image, in the image of God created he him; male and female created he them.

We were created by Heavenly Parents in their image. We have been given body parts, hormones, thoughts, and feelings by our Heavenly Parents for a reason. This is something that they want for us. Your sexuality and your body are a gift.

**QUOTE 3:** “We are embodied beings. If we reject our body or reject our sexuality, we are rejecting ourselves.” (Dr. Jennifer Finlayson-Fife, LDS Therapist, [www.finlayson-fife.com](http://www.finlayson-fife.com))

## **What is the Law of Chastity?**

Just like all of the commandments, God gave us the Law of Chastity not as a punishment or as a restriction, but as a way to help keep us safe and on the path that will return us back to him.

As youth, you have also been giving guidelines and principles that encourage you to stay away from certain behaviors, not because they break the Law of Chastity themselves, but because they can lead you to breaking the Law of Chastity.

So what is the Law of Chastity?

**QUOTE 4:** The Lord’s standard regarding sexual purity is clear and unchanging. Do not have any sexual relations before marriage, and be completely faithful to your spouse after marriage. (Sexual Purity, *For the Strength of Youth*)

Recap:

- Do not have sexual relations with someone you are not legally and lawfully married to.
- Once you are married, have sex! But continue to have it only with your spouse and no one else.

**Quote 5:** The Church of Jesus Christ of Latter-day Saints has a single, undeviating standard of sexual morality: intimate relations are proper only... in the marriage relationship. Such relations are not merely a curiosity to be explored, an appetite to be satisfied, or a type of recreation or entertainment to be pursued selfishly. They are not a conquest to be achieved or simply an act to be performed. Rather, they are in mortality one of the ultimate expressions of our divine nature and potential and a way of strengthening emotional and spiritual bonds between [a married couple]. We are agents blessed with moral agency and are defined by our divine heritage as children of God—and not by sexual behaviors, contemporary attitudes, or secular philosophies. (David A. Bender, *We Believe in Being Chaste*)

**Quote 6:** Our Heavenly Father, who wants us to be happy, gave us the law of chastity. And Satan, who wants us to be miserable, teaches that this law is not important. He does everything

he can to tempt us to commit sexual sin. Young people can be influenced by images and messages that contradict what God teaches about sexuality. Each of us needs to beware of such temptations and strive to keep our thoughts, words, and actions [in alignment with our integrity]. We learn this lesson from King David's sad experience. He was an example of great faithfulness. But he gave in to temptation and broke the law of chastity.

**Quote 7:** As sons and daughters of God, we have inherited divine capacities from Him. But we presently live in a fallen world. The very elements out of which our bodies were created are by nature fallen and ever subject to the pull of sin, corruption, and death. Consequently, the Fall of Adam and its spiritual and temporal consequences affect us most directly through our physical bodies. And yet we are dual beings, for our spirit that is the eternal part of us is tabernacled in a physical body that is subject to the Fall. As Jesus emphasized to the Apostle Peter, "The spirit indeed is willing, but the flesh is weak" ([Matthew 26:41](#)).

The precise nature of the test of mortality, then, can be summarized in the following question: Will I respond to the inclinations of the natural man, or will I yield to the enticings of the Holy Spirit and put off the natural man and become a saint through the Atonement of Christ the Lord (see [Mosiah 3:19](#))? That is the test. Every appetite, desire, propensity, and impulse of the natural man may be overcome by and through the Atonement of Jesus Christ. We are here on the earth to develop godlike qualities and to bridle all of the passions of the flesh.

Popular culture often teaches that there is no need to keep the Law of Chastity.

Show Video: Standards: Sexual Purity and Modesty: True Confidence

**What are some blessings that come from keeping this commandment?**

- Happiness
- Peace
- Self-Respect
- Self-Control
- Trust and Confidence in Yourself and your relationships
- Keep the Holy Ghost with you

**What are some possible consequences for not keeping this commandment?**

- Loss of the Holy Ghost
- Further temptation
- Pregnancy
- Infections

"Clearly God's greatest concerns regarding mortality are how one gets into this world and how one gets out of it. These two most important issues in our very personal and carefully

supervised progress are the two issues that he as our Creator and Father and Guide wishes most to reserve to himself. These are the two matters that he has repeatedly told us he wants us never to take illegally, illicitly, unfaithfully, without sanction.” (Elder Holland, *Of Souls, Symbols, and Sacraments*)

Understand our values (handout can be completed now if time or handed out for them to do at home, this is for personal reflection only and not read aloud)

- **What are your values around sex? Do you want to keep the Law of Chastity? Why?**
- Defining that for yourselves (and not just doing it because you “should”) will help make this clearer for you. Then it becomes a choice made from agency. You are choosing not to have sex before marriage not because it is bad, or it will destroy something in you but because you are using your agency and your choice is to wait. That is such an empowering decision!

Our Heavenly Parents, prophets and apostles have given us certain guidelines for dating and chastity. They gave us these guidelines to help us to make the right choices so that we can be happy. But sometimes, in our learning process (because we are all still learning) we make mistakes. We make choices that don’t align with our own sense of integrity or the things that our Heavenly Parents truly want for us. But this is why we have the Atonement. We can always repent, turn away from the choices that won’t take us down the covenant path, and make things right. What a blessing it is to know that we don’t have to be perfect. We always have our Savior to help us.

I am reminded of the woman taken in adultery in John 8: 3-11

**3** And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst,

**4** They say unto him, Master, this woman was taken in adultery, in the very act.

**5** Now Moses in the law commanded us, that such should be stoned: but what sayest thou?

**6** This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with *his* finger wrote on the ground, *as though he heard them not*.

**7** So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.

**8** And again he stooped down, and wrote on the ground.

**9** And they which heard *it*, being convicted by *their own* conscience, went out one by one, beginning at the eldest, *even* unto the last: and Jesus was left alone, and the woman standing in the midst.

**10** When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

**11** She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

But, our choices always have consequences. And while the Atonement can make things right spiritually, it can't take back the physical and sometimes emotional consequences of breaking the Law of Chastity. But there is always the Atonement to bring things right between you and God for the spiritual ones.

Bear Testimony

This lesson was created by Amanda Louder. It meant to educate our youth in a way that promotes healthy sexuality, the doctrine of The Church of Jesus Christ of Latter-Day Saints without the use of fear tactics and promoting shame.

Amanda is a Certified Sex Coach and a member of The Church of Jesus Christ of Latter-day Saints. To learn more about her and her work you can follow her on social media [@AmandaLouderCoaching](#), her website [AmandaLouder.com](#) and her podcast [Sex for Saints](#).

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## Handout for personal reflection

What are your values around sex?

Do you want to keep the Law of Chastity? Why?