

How well do you know the Catholic faith? Well, let's find out..."

Another question from my teenage daughter: ***What is chaste love? Why should a Christian live a chaste life?***

A) The Catholic Church doesn't talk about chaste love. This is a worldly expression.

B) A chaste love is a love that defends itself against all the internal and external forces that might destroy it. That person is chaste who has consciously accepted his sexuality and integrated it well into his personality. A person acts chastely when his bodily activity is the expression of dependable faithful love. (CCC 2238) Chastity must not be confused with prudishness. A person who lives chastely is not the plaything of his lusts but, rather, lives his sexuality deliberately, motivated by love, and as an expression of that love. Unchaste behavior weakens love and obscures its meaning. The Catholic Church advocates a holistic-ecological approach to sexuality. This includes sexual pleasure, which is something good and beautiful; personal love; and fruitfulness, which means openness to having children. It is the understanding of the Catholic Church that these three aspects of sexuality belong together. Now if a man has one woman for sexual pleasure, a second to whom he writes love poetry, and a third with whom to have children, then he is exploiting all three and really loves none of them.

C) This term was used before the Council, right now we do not talk about it.

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My teenage daughter didn't want to give up with her questions and she asked me another one: ***How can anyone live a chaste life? What can help?***

A) Someone lives chastely when he is free to be loving and is not the slave of his drives and emotions. Anything, therefore, that helps one to become a more mature, freer, and more loving person and to form better relationships helps that person to love chastely also.

B) This idea about a chaste life was popular before council, right now we do not talk about it at the Church. There are more important stuff.

C) I believe a teacher at school can help her to find the right answers.

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