

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

My teenage daughter won't give up. This is another one: Does everybody have to be chaste, even married people?

- A) Yes, every Christian should be loving and chaste, whether he is young or old, lives alone or is married.
- B) No, only priests have to live chaste life.
- C) Yes and no. This is complicated question. It depends.

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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. (CCC 238-2345) One becomes free to be loving through self-discipline, which one must acquire, practice, and maintain at every stage of life. It is helpful for me in this regard to obey God's commandments in all situations, to avoid temptations and any form, of double life or hypocrisy, and to ask for protection against temptations and to strengthen me in love. Being able to live out a pure and undivided love is ultimately a grace and a wonderful gift of God.

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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